

Hey Ho

Count: 64

Wall: 2

Level: Improver

Choreographer: Cato Larsen (NOR) - May 2017

Music: Hey Ho - Freddy Kalas : (CD: Digital download only - Spotify 2015)



Intro: Start the dance at vocals after 32 counts of intro. (16 seconds).

[1 – 8] Cross Rock, Side Rock, 1/2 Vaudeville.

- 1,2 Cross left over right (1), Rock (recover) back again onto right (2). 1:30
- 3,4 Step left to left side (3), Rock (recover) back again onto right (4).
- 5,6 Cross left over right (5), Step right to right side (6). 12:00
- 7,8 Touch left heel diagonally forward left (7), Step left next to right (8). 10:30

[9 – 16] Cross Rock, Side Rock, 1/2 Vaudeville.

- 1,2 Cross right over left (1), Rock (recover) back again onto left (2).
- 3,4 Step right to right side (3), Rock (recover) back again onto left (4).
- 5,6 Cross right over left (5), Step left to left side (6). 12:00
- 7,8 Touch right heel diagonally forward right (7), Step right next to left (8). 1:30

[17 – 24] Weave 1/8 turn, Hold, 1/8 turn into Weave, Hold.

- 1,2 Cross left over right (1), Step right to right side (2).
- 3,4 Cross left diagonally behind right (3), Hold (4). 10:30
- 5 Step right diagonally back right (5). 10:30
- 6 Turn 1/8 turn left Stepping left to left side (6). 9:00
- 7,8 Cross right over left (7), Hold (8).

[25 – 32] Side Mambo Cross, Hold, 1/4 Pivot turn twice, Cross, Hold.

- 1,2 Step left to left side (1), Rock (recover) back again onto right (2).
- 3,4 Cross left over right (3), Hold (4).
- 5 Pivot 1/4 turn left Stepping back on right (5). 6:00
- 6 Pivot 1/4 turn left Stepping left to left side (6). 3:00
- 7,8 Cross right over left (7), Hold (8).

[33 – 40] Modified Sailor Steps.

- 1,2 Stomp left to left side (1), Hold (2).
- 3,4 Cross right behind left (3), Step left slightly to left side (4).
- 5,6 Stomp right to right side (5), Hold (6).
- 7,8 Cross left behind right (7), Step right slightly to right side (8).

[41 – 48] Stomp, Scuff across, Hitch & Swing, Side, Heel-Toe-Heel swivels.

- 1,2 Stomp left to left side (1), Scuff right foot diagonally forward across of left (2).
- 3,4 Hitch right knee up (3), Swing right leg right and Step right to right side (4).
- 5,6,7,8 Swivel both heels in (5), Swivel both toes in (6), Swivel both heels in (7), Hold (8).

[49 – 56] Mambo Step forward, Mambo Step back.

- 1,2,3,4 Step forward on left (1), Rock (recover) back again onto right (2), Step back on left (3), Hold (4).
- 5,6,7,8 Step back on right (5), Rock (recover) forward again onto left (6), Step forward on right (7), Hold (8).

[57 – 64] Step, 1/2 Turn, Step (Chase turn), 1/2 Pivot turn twice, 1/4 Pivot turn.

- 1,2,3,4 Step forward on left (1), Turn (swivel) 1/2 turn right (2), Step forward on left (3), Hold (4).
- 5 Pivot 1/2 turn left Stepping back on right (5).

6 Pivot $\frac{1}{2}$ turn left Stepping forward on left (6).
7,8 Pivot $\frac{1}{4}$ turn left Stepping right to right side (7), Hold (8).

Note: Under rotate last $\frac{1}{4}$ turn to make it easier to start the dance again on the Cross Rock.

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