

Hey O

Count: 40

Wand: 4

Ebene: Beginner Plus

Choreograf/in: Debbie Snell (USA) - December 2015

Musik: Hey-O - Johnny Reid



All level of lessons offered in Portage/Kalamazoo/Vicksburg Michigan

Start on lyrics after 32 counts,

S1: Double Heel Tap [Hop] Double Heel Tap [Hop], HEEL HOOK HEEL TOE

- 1-2 & R Heel Touch [Diagonal Forward], R Heel Touch [Diagonal Forward], R Step [Home = &]
- 3-4 & L Heel Touch [Diagonal Forward], L Heel Touch [Diagonal Forward], L Step [Home = &]
- 5-6 R Heel Touch [Diagonal Forward], R Hook [Cross in Front]
- 7-8 R Heel Touch [Forward], R Toe Touch [Back]

S2: Steps & Touch, 3 Steps & Touch

- 1-4 3 Steps [Moving Right = side, together, side], Ball Touch [Home]
- 5-8 3 Steps [Moving Left = side, together, side], Ball Touch [Home]

S3: HEEL STRUTS [forward]

- 1-4 2 HEEL STRUTS [Moving FORWARD] = R Heel Touch [forward], Drop R Toe [foot is now flat with full weight] = L Heel Touch [forward], Drop L Toe [foot is now flat with full weight]
- 5-8 2 HEEL STRUTS [Moving FORWARD] = Repeat counts 14 above

S4: 2 ROCKING CHAIRS [slowly ¼ left]

- 1-2 R Rock [Forward], L Recover [In Place]
- 3-4 R Rock [Back & ⅛ Left], L Recover [In Place]
- 5-6 R Rock [Forward & ⅛ Left], L Recover [In Place]
- 7-8 R Rock [Back], L Recover [In Place]

S5: SLOW JAZZ BOX

- 1-2 R Cross [Right over Left], Hold [clap]
- 3-4 L Step [Back], Hold [clap]
- 5-6 R Step [To Side], Hold [clap]
- 7-8 L Step [Forward], Hold [clap]

Start over

Debbie specializes in teaching the 44 basics & offering miniworkshops at her studio in Portage for all levels

Visit her website for lesson information or email/call to schedule a miniworkshops with your friends:
www.effortlessdance.com, effortlessdance@yahoo.com, 2692077421