|  |  |
| --- | --- |
| Hey O |  |

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| . |
| **Count:** | 40 | **Wall:** | 4 | **Level:** | Beginner Plus | . |
| **Choreographer:** | Debbie Snell (USA) - December 2015 |
| **Music:** | 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**