



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

3 Steps [Moving Right = side, together, side], Ball Touch [Home]
 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 1/4 left]

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

#### **S5: SLOW JAZZ BOX**

4 0	D 0 1D1 14 1	. 63
1-2	R Cross [Right over I	Letti Hold idani

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