

Hey, Tequila Sheila

COPPER KNOB
STEPSHEETS

Count: 32

Wall: 4

Level: Beginner

Choreographer: Susan Prats (USA) - April 2025

Music: Tequila Sheila - Bobby Bare

or: Just One Look - Doris Troy

or: Kokomo - The Muppets

or: Old Fashioned Love Song - Three Dog Night

or: Slow Hand - The Pointer Sisters



Alternate music selections:

Just One Look by Doris Troy :09

Kokomo by The Muppets :18

Old Fashioned Love Song by Three Dog Night :13

Slow Hand by The Pointer Sisters :18

NO tags or restarts! CCW

Begin: :11

STEP RIGHT, STEP LEFT TOGETHER, RIGHT SIDE MAMBO

1-3&4 Step R side (1), step L together (2), rock R side (3), recover L (&), step R (4)

STEP LEFT, STEP RIGHT TOGETHER, LEFT SIDE MAMBO

5-7&8 Step L side (1), step R together (2), rock L side (3), recover R (&), step L (4)

WEAVE LEFT, CROSS ROCK, TRIPLE

1-4 R cross step (1), step L side (2), R back step (3), step L side (4)

5-7&8 R cross rock (5), recover L (6), step R (7), L (&), R (8)

WEAVE RIGHT, CROSS ROCK, TRIPLE

1-4 L cross step (1), step R side (2), L back step (3), step R side (4)

5-7&8 L cross rock (5), recover R (6), step L (7), R (&), L (8)

ROCK FORWARD RIGHT, RECOVER LEFT, RIGHT COASTER

1-3&4 R rock forward (1), recover L (2), step R behind (3), step L (&), step R forward (4)

ROCK FORWARD LEFT, RECOVER RIGHT, SWEEP LEFT ¼ TURN, LEFT COASTER

5-7&8 L rock forward (5), recover R (6), sweep L behind ¼ turn (9:00) step L (7), step R (&), L forward (8)

RESTART
