

# Hey There Delilah

Count: 32

Wall: 2

Level: Improver

Choreographer: Jess Chilton (UK) - February 2008

Music: Hey There Delilah - Plain White T's : (Album: Every Second Counts)



**Intro: 16 counts (9 seconds)**

**Sailor Step, ¼ Sailor Turn, Rock Recover, Shuffle ½ Turn**

- 1&2 Cross right behind left Step left to left side Step right to place
- 3&4 Cross left behind right making 1/4 turn left Step right to side, Step left to place
- 5,6 Rock forward on right, Recover on left
- 7&8 Turning ½ turn right, Step forward on right, close left next to right, step forward on right.

**Make ½ Turn, ½ Turn, Kick ball point, Kick ball point, Pop Knee, In, Out, In**

- 1,2 Turning ½ turn right, step back on left, turning ½ turn left step forward on right
- 3&4 Kick left foot forward, step left next to right, point right foot to right side
- 5&6 Kick right foot forward, step right next to left, point left foot to left side
- 7&8 Pop left knee in to right leg, pop knee back out, and back in again

**Sweep, Sailor Turn, Cross Shuffle, Step, Slide and Step Forward**

- 1,2&3 Sweep left leg behind right doing a ¼ to left, step down on left, step right to right side, step left to left side
- 4&5 Cross your right over your left, close left next to it, cross right over left
- 6,7 Take a big step to the left on left foot, slide right foot next to it
- &8 Step down on right, step left foot forward (weight remaining on left foot)

**Touch unwind, step knee pops, coaster step, side, touch, side**

- 1,2 Point right foot behind left, over right unwind ½ turn
- 3&4 Step forward on left, pop both knees forward, recover
- 5&6 Step back on left, close right next to left, step forward on left
- 7&8 Point right foot to right side, touch back next to left, point right to right side

**Begin again**

**Restart: On wall 8, after the 3rd section restart the dance again**

**Tag: After wall 3,**

- 1, 2, 3, 4 Sway Right, Left, Right, Left