

Hey-O!

Count: 80

Wall: 2

Level: Intermediate

Choreographer: Andrew Palmer (UK) & Sheila Palmer (UK) - May 2010

Music: Hey-O - Johnny Reid : (CD: Dance with Me)



12s intro. Start on main vocals

(1-8) Rock. Recover. Kick. Side. Kick. Side. Cross. Side

- 1-4 Rock right to side. Recover. Kick right over left. Step right to side
5-8 Kick left over right. Step left to side. Cross right over left. Step left to side

(9-16) Dwight-Step (Toe. Heel. Toe. Kick). Coaster-Scuff

- 1-2 Touch right beside left (both heels turned out). Touch right heel beside left (both toes turned out)
3-4 Touch right beside left (both heels turned out). Kick right forward
5-8 Step back on right. Step left beside right. Step forward right. Scuff left

(17-24) Cross. Back. Side. Scuff. Cross. Turn. Side. Hold

- 1-4 Cross left over right. Step back on right. Step left to side. Scuff right
5-8 Cross right over left. Quarter turn right (3:00) Step back on left, Step right to side. Hold

(25-32) Rock. Recover. Behind. Rock. Recover. Behind. Turn. Hold

- 1-5 Rock left to side. Recover. Step left behind right. Rock right to side. Recover
6-8 Step right behind left. Quarter turn left (12:00) Step forward left. Hold

(33-40) Toe-Strut. Step-Pivot. Lock-Step. Hold

- 1-4 Touch right toe forward. Drop heel. Step forward left. Pivot half turn right (6:00)
5-8 Step forward left. Lock right behind left. Step forward left. Hold

(41-48) Toe-Strut. Step-Pivot. Lock-Step. Hitch

- 1-4 Touch right toe forward. Drop heel. Step forward left. Pivot half turn right (12:00)
5-8 Step forward left. Lock right behind left. Step forward left. Hitch

*** RESTART here DURING wall 3

(49-56) Side. Together. Back. Hold. Side. Together. Forward. Hold

- 1-4 Step right to side. Step left beside right. Step back on right. Hold
5-8 Step left to side. Step right beside left. Step forward left. Hold

(57-64) Kick. Kick. Back. Lock. Back. Back. Lock. Side

- 1-4 Kick right forward. Kick right forward. Step back on right. Lock left across right
5-8 Step back on right. Step back on left. Lock right across left. Step left to side

(65-72) Behind. Side. Touch. Hold. Side. Behind. Side. Hold

- 1-4 (Look to your left) Step right behind left. Step left to side. Touch right beside left, Hold
5-8 (Look to your right) Step right to side. Step left behind right. Step right to side. Hold

(72-80) Step-Pivot. Step-Pivot. Rock. Recover. Step. Hold

- 1-4 Step forward left. Pivot quarter right (3:00). Step forward left. Pivot quarter right (6:00)
5-8 Rock forward left. Recover. Step left beside right. Hold

TAG: REPEAT last 16 counts (65-80) at END of wall 4 (6:00)

RESTART: RESTART from beginning DURING wall 3 on completion of 48 counts (12:00)

