

Hey Honey

拍数: 72 墙数: 4 级数: Intermediate
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音乐: Honey, I'm Home - Shania Twain



STOMPS OUT, CLAP, HOLD, HIP BUMPS

- 1-2 Stomp right to right side and slightly forward, stomp left to left side and slightly forward
3-4 Clap hands together, hold
5-8 Bump hips twice to right, bump hips twice to left

ROCK/STEP, TOUCH, ½ TURN, SYNCOPATED ROCK, SCUFF AND STOMPS, HIP BUMPS

- 9-10 Rock forward on right, rock back on left
11-12 Touch ball of right back, turn ½ turn right (weight on left)
&13-14 Quickly rock back onto right, return weight to left, scuff right forward making an arc movement to the right side
15-16 Stomp right to right side, stomp left to left side (feet parallel)
17-20 Bump hips twice to right, bump hips twice to left

SIDE SHUFFLE RIGHT, STOMP, KICK, SIDE SHUFFLE LEFT, STOMP, KICK

- 21&22 Shuffle to right stepping right-left-right
23-24 Stomp left beside right, kick left forward using a pumping action
25&26 Shuffle to left stepping left-right-left
27-28 Stomp right beside left, kick right forward using a pumping action

RIGHT SHUFFLE FORWARD, LEFT SHUFFLE FORWARD

- 29&30 Shuffle forward on right stepping right-left-right
31&32 Shuffle forward on left stepping left-right-left

SYNCOPATED POINTS, MONTEREY TURN

- 33-34 Point right to right side (look to right), hold
&35-36 Step right into center, point left to left side, hold
&37-38 Step left into center, point right to right side, turn ½ turn right
39-40 Point left to left side, scuff left forward beside right

TOE STRUTS AND ROCK STEPS

- 41-42 Touch ball of left foot forward, drop left heel down
43-44 Rock back on right, rock forward on left
45-46 Touch ball of right foot forward, drop right heel down
47-48 Rock back on left, rock forward on right

JUMPS FORWARD, SLAPS, CLAP

- &49 Jump left forward, jump right forward (feet apart and knees slightly bent)
50-51 Slap/brush hands down over thighs, slap/brush hands up over thighs
52 Clap
53-54 (With weight on left) swivel right heel in, swivel right toe in
55-56 Swivel right heel in, swivel right toe in

HEEL STRUTS, CROSS/ROCK, HEEL STRUTS, ¼ TURN RIGHT

- 57-60 Touch right heel forward at 45 degrees, drop right toes, cross left behind right rocking back, rock forward on right
61-64 Touch left heel forward at 45 degrees, drop left toes, cross right behind left rocking back, rock forward on left

- 65-68 Touch right heel forward at 45 degrees, drop right toes, cross left behind right rocking back, rock forward on right
- 69-72 Touch left heel forward at 45 degrees, drop left toes, touch right toe back, turn $\frac{1}{4}$ turn right (weight on left)

REPEAT
