

Hey Ya!

拍数: 44 墙数: 4 级数:
编舞者: Judy McDonald (CAN)
音乐: Hey Ya! - Outkast



This is a very quick start. Start after vocalist gives 3 count intro. Move on count 4! The count for this song is 8-6-8 throughout the whole song, which explains the odd step count

RIGHT SIDE STRUT, LEFT CROSS STRUT, RIGHT STEP BACK, LEFT KICK, LEFT ¼ TURN STEP, RIGHT STEP TOGETHER

- 1-4 Step right toe to side, drop right heel, cross left toe in front of right, drop left heel
5-8 Step right back, kick left forward, step left to the side making ¼ turn, step right beside left (9:00)

LEFT STEP IN PLACE, RIGHT TOUCH SIDE, RIGHT HITCH, RIGHT TOUCH SIDE, RIGHT KICK, RIGHT CROSS STEP

- 1-4 Step left beside right, touch right out to side, hitch right knee up, touch right out to side
5-6 Kick right on diagonal right, step right across in front of left

LEFT ¼ TURN STEP BACK, RIGHT STEP TOGETHER, LEFT TOUCH, LEFT STEP, HIP BUMPS LEFT, HOLD, BUMP LEFT, BUMP LEFT

- 1-4 Step left back making ¼ turn right, step right beside left, touch left toe beside right, step left slightly to side (12:00)
5-8 Bump hips left, hold, bump hips left, bump hips left

This could be counted with the "&" counts as preps to the right for the left bumps

RIGHT VINE ¼ TURN, LEFT TOUCH, LEFT STEP SIDE, RIGHT KNEE BEND, RIGHT TAKING WEIGHT, LEFT STEP TOGETHER

- 1-4 Step right to side, step left behind right, step right to side making ¼ turn right, touch left beside right (3:00)
5-8 Step left to side, bend right knee in to left bending left knee slightly and leaning slightly forward stand back up taking weight on right, step left beside right

THE JERK (DO THE "JERK" FOR 6 COUNTS)

In case you don't know what the jerk is, with feet together, you contract and release your hips and upper body while alternating your arms up and down. Shimmy!

- 1-2 Put right arm up
3-4 Left arm up
5 Right arm
6 Left arm

THE JERK (DO THE "JERK" FOR 8 COUNTS)

- 1-2 Step right, kick left
3-4 Step left, kick right
5-6 Step right, kick left
7-8 Step left, kick right

Do this while doing the "shimmy". Shake your shoulders and even your hips

REPEAT