

Hey Ya!

拍数: 88 墙数: 4 级数: Improver
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音乐: Hey Ya! - Outkast



½ LEFT TURN, SAILOR CROSS, SIDE TOUCH, TWINKLE PATTERN

- 1 Execute ½ turn left on ball of left and then step right back right
- 2-3-4 Cross left behind left, step right to right, cross left over right
- 5 Touch right toes to right
- 6-7-8 Cross right over left, step left to left, step right to right

½ RIGHT TURN, HEEL SWITCHES, CROSS, SIDE, BEHIND ROCK, RECOVER, PIVOT ½ RIGHT TURN

- 9 Execute ½ turn right and then step left beside right
- 10& Touch right heel forward, step right beside left
- 11& Touch left heel forward, step left beside right
- 12-15 Cross right over left, step left to left, rock right behind left, recover weight onto left
- 16 Pivot ½ turn right (weight ends on right)

MAMBO CROSSES

- 17-19 Rock left to left, recover weight onto right, cross left over right
- 20-22 Rock right to right, recover weight onto left, cross right over left

SIDE, ½ LEFT TURN, BACK ROCK, RECOVER, DIAGONAL FORWARD, TOGETHER TOUCH, HOLD, DIAGONAL FORWARD, TOGETHER, HOLD

- 23-24 Step left to left, execute ½ turn left and then step right to right
- 25-26 Rock left back, recover weight onto right
- &27-28 Step left forward towards left diagonal, touch right toes beside left, hold
- &29-30 Step right forward towards right diagonal, step left beside right, hold

OUT-OUT- IN-IN PATTERNS, HEEL BOUNCES, OUT-OUT, HOLD

- &31-32 Step right to right, step left to left, hold
- &33 Step right in towards left, step left in close beside right
- 34-36 Bounce both heels thrice
- &37-38 Step right to right, step left to left, hold

For better styling: on counts &31-32 and &37-38, when stepping out-out bend both knees into a slight squad position and stretch both arms straight out to both sides at hip level with palms facing down. On counts &33 as you stepped in-in, bring both fists in front at chest level with left fist above the right fist. Then circle/roll fists around thrice as you bounce heels on counts 34-36

SIDE JAZZ JUMP, HOLD, SIDE JAZZ JUMP, HOLD, SIDE JAZZ JUMP, HOLD

- &39-40 Propelling from both feet, jump slightly to left as you close right together, hold
- &41-42 Propelling from both feet, jump slightly to left with both feet, close together, hold
- &43-44 Propelling from both feet, jump slightly to left with both feet, close together, hold

For better styling: look right and push both arms to right when you jump to left on counts &39-40, &41-42 and &43-44

TRAVELING RIGHT FULL RIGHT ROLLING VINE, SIDE, TOUCH, SIDE, TOUCH

- 45-48 Execute ¼ turn right and then step right forward, execute another ½ turn right and then step left back, execute furthest ¼ turn right and then step right to right, touch left toes beside right
 - 49-52 Step left to left, touch right toes beside left, step right to right, touch left toes beside right
- On count 50, snap both fingers to left. Likewise, on count 52, snap both fingers to right**

TRAVELING LEFT FULL LEFT ROLLING VINE, SIDE, TOUCH, SIDE TOUCH

- 53-56 Execute ¼ turn left and then step left forward, execute another ½ turn left and then step right back, execute furthest ¼ turn left and then step left to left, touch right toes beside left
- 57-60 Step right to right, touch left toes to left, step left to left, touch right toes to right
- On count 58, punch right arm up and left arm down, each hand making a sign language for 7. Likewise, on count 60, do the reverse, i.e. Punch left arm up and right arm down, each hand making a sign language for 7 too

FORWARD SKATES, BACK ROCK, RECOVER

- 61-64 Skate right forward, hold, skate left forward, hold
- 65-66 Rock right back, recover weight onto left

SIDE, TOGETHER TAP, HEEL-BALL-CROSS, HOLD, CROSS, HOLD

- 67-68 Step right to right, tap left toes beside right
- 69-72 Touch left heel forward, step left beside right, cross right over left, hold
- 73-74 Cross left over right, hold

TOGETHER TOUCH, DIAGONAL FORWARD KICK, TOGETHER STEP, SIDE TOUCH, FORWARD BRUSH, HEEL BOUNCES, TOGETHER

- 75-76& Touch right toes beside left, kick right diagonally forward, step right beside left
- 77-78 Touch left toes to left, brush left forward
- 79-82 Touch ball of left forward, bounce left heel twice, step left beside right

BACK ROCK, RECOVER, ½ LEFT TURN, BACK ROCK, RECOVER, ¼ LEFT TURN

- 83-86 Rock right back, recover weight onto left, execute ½ turn left and then step right back
- 86-88 Rock left back, recover weight onto right, execute ¼ turn left and then step left forward

REPEAT

TAG

After the 5th rotation (facing 3:00), you will hear the vocals "shake it". Dance the following fun wall to replace the 6th rotation

FORWARD PRESS AND SHIMMY, RECOVER AND SHIMMY, HIPS SHAKES

- 1-2 Shimmy shoulders as you step right forward as you lean forward into a slight press
- 3-4 Continue to shimmy shoulders as you recover weight onto left
- 5-8 Step right to right and then shake hips to right, shake hips left right, left

1 ¼ SENSUOUS PADDLE TURN

- 9-10 Step right forward, roll hips as you pivot ¼ turn left
- 10-11 Step right forward, roll hips as you pivot ¼ turn left
- 12-13 Step right forward, roll hips as you pivot ¼ turn left
- 14-16 Step right forward, roll hips as you pivot ½ turn left

Place right hand behind the head and left hand on the left hip as you dance the paddle turn on counts 9-16

SIDE CHASSE WITH HULA HANDS

- 17-19 Step right to right, step left beside right, step right to right
- 20-22 Step left to left, step right beside left, step left to left

Roll your hips as you dance the side chasses. Also hula both hands to right on counts 17-19 and hula both hands to left on counts 20-22

- 23-88 Repeat counts 1-22 above thrice
- & Do a ¼ turn left to begin the 7th rotation facing 12:00
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