

Hey Hey O

拍数: 32 墙数: 4 级数: Beginner / Improver
编舞者: Derek Robinson (UK) - April 2012
音乐: Hey-O - Johnny Reid : (CD: Dance With Me - iTunes)



Alt. Track: Rocking All Over The World by Status Quo (131 bpm), CD Music For Rocking or iTunes.

Intro 16 counts after beat kicks in.

One restart with Hey-O track.

Sec 1: RIGHT SCISSOR STEP, HOLD & CLAP, LEFT SCISSOR STEP, HOLD & CLAP.

1-4 Step right to right side, step left next to right, cross right over left, hold & clap.

5-8 Step to left to left side, step right next to left, cross left over right, hold & clap.

Sec 2: SIDE ROCK, BEHIND, ¼ TURN, SIDE ROCK, BEHIND, SIDE.

1-4 Rock right to right side, recover onto left, cross right behind left, step left ¼ turn left. (9.00)

5-8 Rock right to right side, recover onto left, step right behind left, step left to left side.

(Restart here on wall 7; you will be facing 3.00 for restart).

Sec 3: TOE STRUTS ACROSS & BACK, COASTER STEP, STEP FORWARD.

1-4 Step right toe across left, drop right heel, step left toe back, drop left heel.

5-8 Step back right, step left beside right, step forward right, hold & clap.

Sec 4: PIVOT ½ TURN x 2, LEFT SCISSOR STEP, HOLD & CLAP.

1-4 Step forward left, pivot ½ turn right, step forward left, pivot ½ turn right.

Easier option – Left forward rock, recover. Left back rock, recover. (Rocking chair).

5-8 Step to left to left side, step right next to left, cross left over right, hold & clap.

Restart: after 16 counts on wall 7. You will be facing (3.00) for restart.
