

Hey O

拍数: 64 墙数: 3 级数: Intermediate
编舞者: Darren Bailey (UK) - July 2014
音乐: Hey-O - Johnny Reid



R Chasse, Rock, Recover, L Chasse, Behind, 1/4 turn L.

1&2 Step Rf to R side, close Lf next to Rf, step Rf to R side
3-4 Rock back on Lf, recover onto Rf
5&6 Step Lf to L side, close Rf next to Lf, step Lf to L side
7-8 Cross Rf behind Lf, make a 1/4 turn L and step forward on Lf

Pivot 1/2 turn L, 1/4 turn L, Slide, Sailor step x2 (L,R)

1-2 Step forward on Rf, make a 1/2 turn pivot L (weight ends on L)
3-4 Make a 1/4 turn L and take a big step to the R, Hold
5&6 Cross Lf behind Rf, step Rf to R side, step Lf to L side
7&8 Cross Rf behind Lf, step Lf to L side, step Rf to R side

Cross Rock, Recover, Chasse 1/4 turn L, Full turn L, Rock, Recover

1-2 Cross rock Lf over Rf, recover onto Rf
3&4 Step Lf to L side, close Rf next to Lf, make a 1/4 L and step forward on Lf
5-6 Make a 1/2 turn L and step back on Rf, make a 1/2 turn L and step forward on Lf
7-8 Rock forward on RF, recover onto Lf

Jump Back, Hold, Heel Bounce x2, Sailor step x2 (L,R)

&1-2 Jump back and slightly out with Rf, step Lf to L side, hold
3-4 Bounce heels x2 bending at the knees (weight finishes on R)
5&6 Cross Lf behind Rf, step Rf to R side, step Lf to L side
7&8 Cross Rf behind Lf, step Lf to L side, step Rf to R side

Step, Touch side, x4

1-2 Step forward on Lf, touch Rf to R side
3-4 Step forward on Rf, touch Lf to L side
5-6 Step forward on Lf, touch Rf to R side
7-8 Step forward on Rf, touch Lf to L side

Rock recover, Shuffle 1/2 turn L, Rock step, Coaster step.

1-2 Rock forward on Lf, recover onto Rf
3&4 Make a 1/4 turn L and step Lf to L side, close Rf next to Lf, make a 1/4 turn L and step forward on Lf
5-6 Rock forward on Rf, recover onto Lf
7&8 Step back on Rf, close Lf next to Rf, step forward on Rf

On wall 3, Restart here, add a rocking chair insted of the coaster step so weight will be on correct foot)

Step, Touch side, x4

1-2 Step forward on Lf, touch Rf to R side
3-4 Step forward on Rf, touch Lf to L side
5-6 Step forward on Lf, touch Rf to R side
7-8 Step forward on Rf, touch Lf to L side

Rock recover, Shuffle 1/2 turn L, Rock step, Coaster step.

1-2 Rock forward on Lf, recover onto Rf
3&4 Make a 1/4 turn L and step Lf to L side, close Rf next to Lf, make a 1/4 turn L and step forward on Lf

5-6 Rock forward on Rf, recover onto Lf

7&8 Step back on Rf, close Lf next to Rf, step forward on Rf

(On wall 5 add a rocking chair here instead of the coaster step to start the dance again on the correct foot)

Tag (After Walls 1, 2, 4 (double tag))

Stomps and Holds.

1-4 Stomp Lf to L side, hold x3 (option to look L on the stomp)

5-8 Stomp Rf to R side, hold x3 (option to look R on the stomp)

Rocking chair L, Pivot 1/2 turn L, 1/4 turn L with touch.

1-2 Rock forward on Lf, recover onto Rf

3-4 Rock back on Lf, recover onto Rf

5-6 Step forward on Lf, pivot 1/2 turn R

7-8 Step forward on Lf, make a 1/4 turn R and touch Rf next to Lf

(When dancing the double tag after wall 4, finish with weight on Rf to start the tag again)

This is great of music, i hope you get to enjoy it as much as i do....(Thank you Karolyna Caceres Lopez)
