

Hey Ho

拍數: 32 牆數: 4 級數: Improver
編舞者: Val Reeves (UK)
音樂: Mamma Africa - Two In One



STEP SIDE TOGETHER, CHASSE STEP, KICK, KICK BALL CHANGE

1-2 Right step right, left step beside right
3&4 Right step right, left step beside right, right step right
&5 Left step beside right, right step right
6-7 Kick left across right twice
&8 Left step beside right, step on right

ROCK, ROCK, TURN, SHUFFLE

9-10 Left rock across right, rock back on right
11&12 Turning ¼ turn left shuffle forward (left, right, left)

WALK, WALK, SHUFFLE

13-14 Walk forward right, walk forward left (option: full turn on right, left)
15&16 Right shuffle forward (right, left, right)

STEP, TURN, SHUFFLE

17-18 Step forward on left, pivot turn ½ turn right
19&20 Left shuffle forward (left, right, left)

ROCK, ROCK, STEP, CLAPS

21-22 Right rock across left, rock back on left
23&24 Right step beside left, clap hands twice
25-26 Left rock across right, right rock back
27&28 Left step beside right, clap hands twice

SPLIT HEELS TOES HEELS IN TOES IN HEELS IN

29-30 Both heels apart, both toes apart
31&32 Bring heels inwards, toes inward, heels back together

Easy option

29-32 Pigeon toes, pigeon toes (heels apart back together, heels apart back together)

REPEAT
