

Hey Oh

拍數: 0 牆數: 2 級數: Phrased Intermediate
編舞者: Lesley White (UK) - September 2008
音樂: Snow (Hey Oh) - Red Hot Chili Peppers : (CD: Stadium Arcadium)



Intro: 32

Sequence: 32-count intro, AA B AA(restart) A B AA B A

Part A

Forward Rock, Coaster Step, Forward Rock. Shuffle Back

- 1-2 Rock forward on right foot, recover back onto left foot
- 3&4 Step right foot back, step left next to right, step right foot forward
- 5-6 Rock forward on left foot, recover back onto right foot
- 7&8 Step left foot back, step right foot to left, step left foot back

Step Behind, Heel Jack, Heel Jack, Scuff, Hitch, Step

- 1-2 Step right to right side, cross left foot behind right
- &3&4 Step right foot to right side, dig left heel out to left side, step left beside right, cross right in front of left
- &5&6 Step left foot to left side, dig right heel out to right side, step right beside left, cross left in front of right
- 7&8 Scuff right foot forward, hitch right knee, step back onto right foot

RESTART: There is one restart on the 5th wall. Dance up to the heel jacks and instead of doing the scuff, hitch, step; step right in place, step left in place and begin dance again

Rock Back, Shuffle Forward, Turn Shuffle, Rock Back

- 1-2 Rock back on left foot, recover onto right foot
- 3&4 Step forward left, bring right foot to left, step forward left
- 5&6 Making a half turn to left, step right foot back, bring left foot to right, step right foot back
- 7-8 Rock back on left foot, recover onto right foot

Step, Scissor Right, Scissor Left, Step, Pivot Turn, Step

- 1-2&3 Step left, rock to right side on right foot, recover onto left foot, cross right in front of left
- 4&5 Rock to left side on left foot, recover onto right foot, cross left in front of right
- 6-8 Step right, turn half turn to left, step right

Full Turn, Side Shuffle, Rocking Chair To Diagonal

- 1-2 Step left, right, making a full turn to left side
- 3&4 Step left to left side, close right foot to left, step left to left side
- 5-6 Cross rock forward on right foot, recover onto left
- 7-8 Rock back on right foot towards right diagonal back, recover onto left

Full Turn, Side Shuffle, Rocking Chair To Diagonal

- 1-2 Step right, left, making a full turn to right side
- 3&4 Step right to right side, close left foot to right, step right to right side
- 5-6 Cross rock forward on left foot, recover onto right
- 7-8 Rock back on left foot towards left diagonal back, recover onto right

Cross Point, Cross Point, ¼ Turn Jazz Box

- 1-2 Cross left in front of right, point right foot to right side
- 3-4 Cross right in front of left, point left foot to left side

5-8 Making a $\frac{1}{4}$ turn to left, cross left in front of right, step back on right, step left to left side, step right beside left

Cross Point, Cross Point, $\frac{1}{4}$ Turn Jazz Box

1-2 Cross left in front of right, point right foot to right side

3-4 Cross right in front of left, point left foot to left side

5-8 Making a $\frac{1}{4}$ turn to left, cross left in front of right, step back onto right, step left to left side, touch right beside left

Part B

Cross Rock, Shuffle Back, Kick, Point, Cross, Unwind

1-2 Cross rock forward on right, recover back onto left

3&4 Step back right to right diagonal back, step left to right, step back right on diagonal

5&6 Kick left, step onto left, point right foot to right side

7-8 Cross right over left, unwind $\frac{1}{2}$ turn

Cross Rock, Shuffle Back, Kick, Point, Cross, Unwind

1-2 Cross rock forward on left, recover back onto right

3&4 Step back left to left diagonal back, step right to left, step back left on diagonal

5&6 Kick right, step onto right, point left foot to left side

7-8 Cross left over right, unwind $\frac{1}{2}$ turn

Rumba Box With Shuffle

1-2 Step right to side, step left beside right

3-4 Step back right, touch left beside right

5-6 Step left to side, touch right beside left

7&8 Step forward left, step right to left, step forward left
