Hey-O

拍數: 80   **牆數:** 2   **級數:** Intermediate

編舞者: The JD five (UK) - January 2013

音樂: Hey-O - Johnny Reid : (Album: Dance with Me)

32 count Intro

(Section 1) Kick, Kick, Touch, Kick, Touch, Kick, Behind Side Cross

1 2	Kick Right foot across Left, Kick Right to Right Diagonal
3 4	Touch Right behind, Kick Right to Right Diagonal
5 6	Touch Right behind, Kick Right To Right Diagonal
7&8	Step Right behind Left, Step Left to Left side, Cross Right over Left

(Section 2) Kick, Kick, Touch, Kick, Touch, Hitch, Behind side cross

1 2	Kick Left foot across Right, Kick Left to Left Diagonal
3 4	Touch Left behind, Kick Left to Left Diagonal
5 6	Touch Left behind , Hitch Left knee to Diagonal
7&8	Step Left behind Right, Step Right to Right side, Cross Left over Right

(Section 3) Rock, Recover, Hitch, Cross, Side, Behind, ½ Turn, Hold

1 2	Rock out to Right Side, Recover onto Left
3 4	Hitch Right across Left, Cross Right over Left
5 6	Step Left to Left side as you dip, Slide Left foot behind Right keeping weight on Right foot
7 8	Unwind ½ turn Left transferring weight to Left, Hold (6.00)

(Section 4) Side, Shimmy ¼ Turn

| 1 | Step Right to Right side |
| 2-8 | With feet apart and knees bent, Shimmy shoulders as you begin a slow turn ¼ left over 7 counts transferring the weight onto the left foot (3.00) |

(Section 5) Side, Hold, Rock Recover, Side, Hold, Rock Recover

1 2	Step Right to side, Hold
3 4	Rock Left behind Right, Recover onto Right
5 6	Step Left to Left Side, Hold
7 8	Rock Right behind Left, Recover onto Left

(Section 6) Side with ¼ turn, Hold, Rock Recover, Side, Hold, Rock Recover

1 2	Step Right to Right side as you make a ¼ turn Left, Hold (12.00)
3 4	Rock Left behind Right, Recover onto Right
5 6	Step Left to Left side, Hold
7 8	Rock Right behind Left, Recover onto Left

Restart: wall 3

(Section 7) Dwight swivels, Rock Recover, Side Rock

1	Swivel Left heel Right touching Right toe beside Left foot
2	Swivel Left toe Right touching Right heel diagonally forward Right
3	Swivel Left heel Right touching Right toe beside Left foot
4	Step Right To Right Side
5 6	Rock Left Behind Right, Recover onto Right
7-8	Rock out to Left Side, Recover onto Right

(Section 8) Dwight swivels, Rock Recover, Side Rock

| 1 | Swivel Right heel Left touching Left toe beside Right foot |

2	Swivel Right toe Left touching Left heel diagonally forward Left
3	Swivel Right heel Left touching Left toe beside Right foot
4	Step Left To Left Side
5 6	Rock Right Behind Left, Recover onto Left
7-8	Rock out to Right Side, Recover onto Left

(Section 9) 1/4 Left, hold, ½ Right, Hold

1-4	Make ¼ turn Left pointing Right toe back, Hold for 3 counts (9.00)
5-8	Make ½ turn Right rolling right knee, Hold for 3 counts (3.00)

(Section 10) Hip Rolls with1/2 turn left, Cross Unwind 1 ¼ turn Left

1-4	Roll Hips twice anticlockwise making ½ turn left transferring weight onto Left foot (9.00)
5-8	Cross Right over Left and unwind 1 ¼ turn Left keeping weight on Left Foot (6.00)

TAG 1: 32 counts. Danced at the end of wall 4
Repeat the Last 16 counts of the dance (Section 9 and 10) then add on the following 16 counts
Chasse Right, Rock Recover, Chasse Left, rock Recover,

1&2	Step Right to Right side, Close Left to Right, Step Right To right side (12.00)
3 4	Rock Left behind Right, recover onto Right.
5&6	Step Left to Left Side, Close Right to Left, Step Left To Left side
7 8	Rock Right Behind Left, recover onto Left

Right Shuffle, Step Pivot Left Shuffle, Step Pivot

1&2	Step Right Forward, Close Left to right, Step Right Forward
3 4	Step Left forward, Pivot ½ Turn Right (6.00)
5&6	Step Left foot Forward, Close Right to Left, Step Left Forward
7 8	Step Right Forward, Pivot ½ turn Left (12.00)

Wall 5: Only dance 64 Counts (Section 8) then dance the last 16 counts of the Tag and Restart the dance again

Enjoy

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