

Swivelfeet Linedancers Hälsinglands gladaste Linedancers

Besök alltid vår hemsida: WWW.swivelfeet.se

Hey Ho

Count: 32 Wall: 4 Level: Beginner

Choreographer: Micaela Svensson Erlandsson, Swe, March 2016.

Music: The One for Me - Brendan Quinn

Intro 16 counts.



Actual footwork	
Section 1	Heel. Toe. Right Forward Shuffle. Heel. Toe. Left Forward Shuffle.
1 - 2	Touch right heel forward. Touch right toe back.
3 & 4	Step right forward. Close left beside right. Step right forward.
5 - 6	Touch left heel forward. Touch left toe back.
7 & 8	Step left forward. Close right beside left. Step left forward.
Restart here: on wall 6 facing 3 O'clock	
Section 2	Section 2: Rock Step. Sailor 1/4 Turn Right. Step. 1/2 Turn Right. Shuffle 1/2 Turn Right.
1 - 2	Rock forward on right recover onto left.
3 & 4	Step right behind left. Turn 1/4 right rocking left to left. Recover onto right.
5 - 6	Step forward on left. Turn 1/2 right.
7 & 8	Shuffle 1/2 turn forward over right shoulder stepping left, right, left.
Section 3	Back. Back. Coaster Step. Out. Out. Heel & Toe.
1 - 2	Step back on right. Step back on left.
3 & 4	Step back on right. Step left beside right. Step forward on right.
5 - 6	Step left out to left side. Step right out to right side.
7 & 8	Touch left heel forward. Step left in place. Touch right toe in place.
Section 4	Right Rolling Vine. Touch & Clap. Left Rolling Vine. Touch & Clap.
1 - 2	Step right 1/4 turn right. Make 1/2 turn right stepping back left.
3 - 4	Make 1/4 turn right stepping right to right side. Touch left in place & Clap.
5 - 6	Step left 1/4 turn left. Make 1/2 turn left stepping back right.
7 - 8	Make 1/4 turn left stepping left to left side. Touch right in place & Clap.
Optional Ending:	On the last wall (11, facing 3 O' clock) Replace the last 1/4 turn of the left Rolling Vine with a 1/2 turn left to face front wall.

Last Update - 30th March 2016