

# Hey Ho

**Count:** 32    **Wall:** 4    **Level:** Beginner

**Choreographer:** Micaela Svensson Erlandsson, Swe, March 2016.

**Music:** The One for Me - Brendan Quinn

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intro 16 counts.

## **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: 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**