



# Hey Ho

Choreographed by **Cato Larsen**  
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<b>Description:</b>	64 counts, 2 Wall LineDance.
<b>Level:</b>	Improver.
<b>Music:</b>	Hey Ho – Freddy Kalas.
<b>CD:</b>	Digital download only (Spotify 2015).
<b>Intro:</b>	Start the dance at vocals after 32 counts of intro. (16 seconds).
<b>Motion:</b>	Novelty (Social only).
<b>Tempo:</b>	160 BPM.
<b>SOD:</b>	Speed Of Dance; Normal
<b>Videolink:</b>	<b>No video yet</b>
<b>Danc #:</b>	125

<b>1 – 8</b>	<b>Cross Rock, Side Rock, 1/2 Vaudeville.</b>	
1,2	Cross left over right (1), Rock (recover) back again onto right (2).	1:30
3,4	Step left to left side (3), Rock (recover) back again onto right (4).	
5,6	Cross left over right (5), Step right to right side (6).	12:00
7,8	Touch left heel diagonally forward left (7), Step left next to right (8).	10:30
<b>9 – 16</b>	<b>Cross Rock, Side Rock, 1/2 Vaudeville.</b>	
1,2	Cross right over left (1), Rock (recover) back again onto left (2).	
3,4	Step right to right side (3), Rock (recover) back again onto left (4).	
5,6	Cross right over left (5), Step left to left side (6).	12:00
7,8	Touch right heel diagonally forward right (7), Step right next to left (8).	1:30
<b>17 – 24</b>	<b>Weave 1/8 turn, Hold, 1/8 turn into Weave, Hold.</b>	
1,2	Cross left over right (1), Step right to right side (2).	
3,4	Cross left diagonally behind right (3), Hold (4).	10:30
5	Step right diagonally back right (5).	10:30
6	Turn 1/8 turn left Stepping left to left side (6).	9:00
7,8	Cross right over left (7), Hold (8).	
<b>25 – 32</b>	<b>Side Mambo Cross, Hold, 1/4 Pivot turn twice, Cross, Hold.</b>	
1,2	Step left to left side (1), Rock (recover) back again onto right (2).	
3,4	Cross left over right (3), Hold (4).	
5	Pivot ¼ turn left Stepping back on right (5).	6:00
6	Pivot ¼ turn left Stepping left to left side (6).	3:00
7,8	Cross right over left (7), Hold (8).	
<b>33 – 40</b>	<b>Modified Sailor Steps.</b>	
1,2	Stomp left to left side (1), Hold (2).	
3,4	Cross right behind left (3), Step left slightly to left side (4).	
5,6	Stomp right to right side (5), Hold (6).	
7,8	Cross left behind right (7), Step right slightly to right side (8).	
<b>41 – 48</b>	<b>Stomp, Scuff across, Hitch &amp; Swing, Side, Heel-Toe-Heel swivels.</b>	
1,2	Stomp left to left side (1), Scuff right foot diagonally forward across of left (2).	
3,4	Hitch right knee up (3), Swing right leg right and Step right to right side (4).	
5,6,7,8	Swivel both heels in (5), Swivel both toes in (6), Swivel both heels in (7), Hold (8).	
<b>49 – 56</b>	<b>Scuff, Hitch, Step, Hold, Scuff, Hitch, Step, Hold (Robot walk).</b>	
1,2,3,4	Scuff left foot forward (1), Hitch left knee up (2), Step forward on left (3), Hold (4).	
5,6,7,8	Scuff right foot forward (5), Hitch right knee up (6), Step forward on right (7), Hold (8).	
<b>57 – 64</b>	<b>Step, 1/2 Turn, Step (Chase turn), 1/2 Pivot turn twice, 1/4 Pivot turn.</b>	
1,2,3,4	Step forward on left (1), Turn (swivel) ½ turn right (2), Step forward on left (3), Hold (4).	
5	Pivot ½ turn left Stepping back on right (5).	
6	Pivot ½ turn left Stepping forward on left (6).	
7,8	Pivot ¼ turn left Stepping right to right side (7), Hold (8).	
Note:	<i>Underrotate last ¼ turn to make it easier to start the dance again on the Cross Rock.</i>	