

Hey Ho

32 Count, 4 Wall, Beginner

Choreographer: Micaela Svensson Erlandsson (SE) Mar 2016

Choreographed to: The One For Me by Brendan Quinn

Intro 16 count

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.