

# Hey

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**Music:** Hey (Olivato Dancesport Orchestra) (length 3:39) at Casa-Musica.com  
**Footwork:** Opposite except where noted  
**Rhythm/Phase:** Rumba Phase IV+1 (Alternating Cross Body)  
**Degree of Difficulty:** Average **Speed 45 rpm (24 MPM)**  
**Sequence:** Intro – A – A – B – A – B – END **Release 1.0 October 2023**

## INTRO

### 1 - 4 WAIT ; RAISE ARMS ; SLOW HIP ROCK 2 ; FAN/MAN 2 SLOWS ;

- 1-2 In tandem pos fc wall hands low in front of body wait 1 measure ; raise arms out to sides ;  
3 Both sd L, -, sd R lightly tch W's left wrist with left hand, -;  
4 Sd L lead W to LOD, -, sd R join lead hands in fan pos, -  
(W fwd L LOD, fwd R trng LF, bk L to fan pos, -);

## PART A

### 1 - 4 HOCKEY STICK ; ; ALEMANA ; TO HANDSHAKE ;

- 1 Fwd L, rec R, cl L raise lead hand in front of W's head, -(W cl R to L, fwd L, fwd R, -) ;  
2 Bk R beh L lead W to RLOD under lead hands, rec L trng W under lead hand to fc, fwd R DRW, -  
(W fwd L trng toe out, fwd R DRW trng LF under lead hands, bk L, -);  
3 Fwd L, rec R, cl L raise lead hand, -(W bk R, rec L, fwd R twd M's L side, -);  
4 Bk R lead W under lead hands, rec L, sd R, -(W fwd L twd DC trng RF under lead hands,  
fwd R twd wall trng RF, sd L, -) join right hands;

### 5 – 8 SHADOW BREAK BK ; ATERNATING CROSS BODY 3 MEASURES FC COH ; ; ;

- 5 Trng LF bk L both extend L arms to sd (W's L arm beh M's back), rec R, fwd L, -;  
6 Bk R, rec L, sd & fwd R, -(W fwd L across M twd DLC, fwd R trng ½ LF fc wall, sd L, -);  
7 Fwd L across W twd DLC, fwd R trn ½ LF, sd L, -(W bk R, rec L trng LF, sd R fc LOD, -);  
8 Bk R, rec L trng LF ½ fc COH, sd R, -(W fwd L across M twd DLC, fwd R trng LF, sd L, -);

### 9 - 12 FLIRT ; ; SOLO FENCE LINE ; SOLO SPOT TURN CP LOD ;

- 9 Still with R hands joined fwd L, rec R, sd L join L hands Varsouvienne, -  
(W bk R, rec L, fwd R trng LF to Varsouvienne, -);  
10 Bk R, rec L, sd R to left Varsouvienne, - (W bk L, rec R, sd L, -);  
11 Release hands XLIF on soft knee twd LOD, rec R, sd L beh W, -  
(W XRIF on soft knee twd RLOD, rec L, sd R, -);  
12 Trng LF fwd R RLOD sharp LF turn fc LOD, fwd L, fwd R to CP fc LOD  
(W trng RF fwd L LOD, sharp RF turn fc RLOD, fwd R, fwd L to CP);

### 13 – 16 CROSS BODY CP RLOD ; ; CROSS BODY ; LADY TO FAN ;

- 13 Fwd L, rec R trng LF, sd L to RLOD fc COH, -(W bk R, rec L, fwd R twd RLOD, -);  
14 Small bk R, rec L trng LF, sd R CP RLOD, - (W fwd L in front of M, fwd R trng ½ LF, sd L, -);  
15 Fwd L, rec R trng LF, sd L to LOD fc wall, -(W bk R, rec L, fwd R twd LOD, -);  
16 Small bk R, rec L, sd R to fan pos, - (W fwd L in front of M, fwd R trng ½ LF, bk L, -);

## PART B

1 - 4 **ALEMANA ; ; LARIAT 3 MAN FC COH ; AIDA ;**

- 1 Fwd L, rec R, cl L raise lead hand, -(W cl R to L, fwd L, fwd R trng RF to fc M, -);
- 2 Bk R lead W under lead hands, rec fwd & sd L, cl R, -  
(W fwd L twd DC trng RF under lead hands, fwd R twd wall trng RF, fwd L twd M's rt sd, -);
- 3 Sd L with press action, rec R, small sd L trng LF fc W COH, -  
(W around M fwd R, fwd L fwd R trng RF to fc M, -);
- 4 Thru R, sd L trng RF, bk R into bk to bk V pos ext trailing arms out & bk, -;

5 - 8 **HIP ROCK 3 FC ; FENCE LINE ; AIDA ; SLOW SWITCH & REC BFLY ;**

- 5 Rd fwd L, rec R, fwd L swivel LF to fc W LOP, -;
- 6 Thru R on soft knee, rec L, sd R, -;
- 7 Thru L LOD, sd R trng LF, bk L into bk to bk V pos ext lead arms out & bk, -;
- 8 Trng RF pull trailing foot & trailing hand thru to LOD sd R, -, rec L to low BFLY, -;

9 - 12 **CLOSE & SUNBURST TO HNDSHK ; TRADE PLACES 2X ; ;  
TRADE PLACES W/INSIDE UNDERARM ;**

- 9 Cl R to L, bring both hands straight up between partners out & down to R handshake (3 beats), , ;
- 10 Apt L, rec R slight RF turn release R hands, passing R sides fwd & sd L trng ½  
RF join L hands with W, - (W apt R, rec L slight LF trn rel R hands, pass R sides fwd &  
sd R trng ½ LF join L hands, -);
- 11 Apt R, rec L slight LF trn release L hands, passing L sides fwd & sd R trng ½ LF join R hands  
with W, -  
(W apt L, rec R slight RF trn rel L hands, pass L sides fwd & sd L trng ½ RF join R hands, -);
- 12 Apt L, rec R slight RF trn, passing R sides fwd & sd L trng RF but less than measure 10,  
lead W to turn LF under joined R hands  
(W apt R, rec L slight LF trn, pass R sides fwd & sd R, spiral 7/8 LF under R hands);

13 - 16 **WOMAN OUT TO FACE JOIN LEAD HANDS ; ½ BASIC BFLY ; FAN ;  
SLOW TOG LADY CARESS & BK TO FAN ;**

- 13 Trng RF to fc wall fwd R, L, R join lead hands, -  
(W fwd L twd wall, fwd R trng ½ LF under R hands, bk L, -);
- 14 Fwd L, rec R to BFLY, sd L bring hands to low BFLY, -  
(W bk R, rec L to BFLY, sd R bring hands to low BFLY, -);
- 15 Bk R, rec L slight LF body trn to lead W to LOD, sd R lead W to step bk, -  
(W fwd L, trng body LF rec R, bk L LOD to fan pos, -);
- 16 Sd L shaping twd W tch W's L hip with R hand, -, sd R back to fan pos, -  
(W fwd R shaping to M bring L hand in to caress M's R cheek, -, bk L to fan pos, -);

## ENDING

1 - 2 **SLOW TOGETHER MAN'S HEAD LOOP ; LADY CARESS BOTH EXTEND LEFT ARMS ;**

- 1 Sd L shaping twd W bring lead hands over M's head to R shldr tch W's L hip with R hand, -,- ;
- 2 Release lead hands & slowly extend L arm out to side looking at W, -, -  
(W caress R side of M's face & extend left arm out to side look to left, -, -);