

# Hey Ladies

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**Count:** 32

**Wall:** 4

**Level:** Intermediate

**Choreographer:** Jennifer Choo Sue Chin

**Music:** Hit 'Em Up Style (Oops!) by Blu Cantrell

**Start dance after 2x8's.**

## **SET 1: FORWARD STEP, KICK BALL POINT HITCH CROSS, UNWIND, SAILOR TURN**

- 1-2** Take a big step LF fwd and bend body back, Step RF next to LF
- 3&4&** Kick LF fwd, Step LF next to RF, Point RF to R, Hitch RF
- 5-6** Cross RF over LF, Unwind  $\frac{1}{2}$  turn L (sharp) and sweep LF from front to back (6:00)

## **7&8 $\frac{1}{4}$ turn L stepping LF behind RF, Step RF to R, Step LF diagonally fwd L (3:00)**

## **SET 2: CLOSE FLICK, CROSS, BACK, BACK, ROCKING CHAIR, CROSS ROCK RECOVER, CLOSE, FORWARD**

- &1-2** Step RF next to LF, Step LF fwd and flick RF back with a  $\frac{1}{4}$  turn L (Hit the word STYLE in chorus), Cross RF over LF (12:00)
- 3-4** Step LF diagonally back L, Step RF diagonally back R (push hips back) (Lyrics: put your hands on his cash)
- 5&6&** Rock LF across RF, Recover on RF, Rock LF back to diagonal L, Recover on RF
- 7&8&** Rock LF across RF, Recover on RF, Step LF next to RF, Step RF fwd

## **SET 3: $\frac{1}{4}$ L BIG STEP LEFT, TOUCH, KICK BALL CROSS AND CROSS DIP, HITCH, BACK, BACK, $\frac{1}{4}$ SIDE ROCK**

- 1-2** Execute a  $\frac{1}{4}$  turn L with a big step to L pushing off RF, touch RF behind LF (9:00)
- 3&4** Kick RF diagonally R, Step ball of RF next to LF, Cross LF over RF
- &5** Step ball of RF to R, Cross LF over RF with a dip (bending L Knee)
- 6** Straighten L knee and hitch RF to R diagonal (10:30)

## **Styling for count 6: Pop both shoulders forward when you hitch or simply punch your fists forward**

- 7&** Step back on RF, Step back on LF squaring back to 12:00 (12:00)

## **8& $\frac{1}{4}$ R turn rock RF to R, recover on LF (3:00)**

## **SET 4: BACK, FUNKY WALKS BACK, BACK ROCK RECOVER, 2 PROGRESSIVE TURNING JAZZ BOXES**

- 1** Step RF back
- 2** Step LF behind RF pushing L shoulder back and down
- 3** Step RF behind LF pushing R shoulder back and down

### **Options for counts 2-3: Mashed Potatoes**

- 4&** Rock LF back, Recover on RF
- 5&** Do a 1/8R turn by step LF to R diagonal (face 4:30), Do a 1/8R turn by cross RF in front of LF (face 6:00)
- 6&1/8R turn stepping LF to L back diagonal (face 7:30), Do a 1/8R turn by stepping RF to R side (face 9:00)**
- 7&** Do a 1/8R turn by step LF to R diagonal (face 10:30), Do a 1/8R turn by cross RF in front of LF (face 12:00)

**8&1/8R turn stepping LF to L back diagonal (face 1:30), Do a 1/8R turn by stepping RF to R side (face 3:00)**

**Styling: Push hips forward on count 5, Push hip to left on count &, Push hips back on count 6, Push hip to left on count &, Repeat the hip rolling motion for 7&8&. Think this as a “drunken jazz box”?**

**Repeat Again and Enjoy the Beats!**

**TAG (To be danced after 3rd wall facing (9:00))**

- 1-4** Walk  $\frac{3}{4}$ L to face the front wall again, LF, RF, LF, RF
- 5-8** Pop shoulders to L, R, L, R (or any freestyle)