

HEY! HEY! DANCE THIS WAY!

LINEDANCE.COM

Count: 64

Wall: 4

Level: Beginner level

Choreographer: Pauline Sparks (UK) Aug 07

Music: Restless by Bob McKinlay (Hits From The Jukebox Vol. 2)

Start on vocals

Or Music: Stand By You by S Club 7 Leap Of Faith by Delbert McClinton, Toe The Line 4

Section 1 Right rocking chair - right shuffle forward - pivot 1/2 turn right

- 1 - 2 Step forward on right foot, recover on left foot
- 3 - 4 Step back on right foot, recover on left foot
- 5 & 6 Step forward right, close left, step forward right

7 ? 8 Step forward left foot, pivot 1/2 turn right

Section 2 Left rocking chair - left shuffle forward - pivot 1/2 turn left

- 1 - 2 Step forward on left foot, recover on right foot
- 3 - 4 Step back on left foot, recover on right foot
- 5 & 6 Step forward left, close right, step forward left

7 ? 8 Step forward right foot, pivot 1/2 turn left

Section 3 Side rock, cross shuffle x 2

- 1 - 2 Rock right to right to right side, rock on to left in place
- 3 & 4 Cross right over left, step left to side, cross right over left
- 5 - 6 Rock left to left side, rock on to right in place
- 7 & 8 Cross left over right, step right to side, cross left over right

Section 45 step weave right, hold, 1/4 turning left sailor step

- 1 - 2 Step right to right side, step left behind right
- 3 - 4 Step right to right side, step left in front of right
- 5 - 6 Step right to right side, hold 1 count
- 7 & 8 Cross left behind right, step right 1/4 turn left, step left to left side

Section 5 Triple 1/2 turn left x 2 - rock step, step lock step backwards

- 1 & 2** Triple 1/2 turn left, stepping right, left, right) or two triples forward
- 3 & 4** Triple 1/2 turn left, stepping left, right, left)
- 5 - 6** Rock forward on right foot, rock back on left foot
- 7 & 8** Step back right, lock left in front of right, step back right

Section 6 Side, close, side, close, 1/4 turn left, rock step, coaster step

- 1 - 2** Step left to left side, close right beside
- 3 & 4** Step left to left side, close right beside, step left turning 1/4 left
- 5 - 6** Rock forward on right, rock back on left
- 7 & 8** Step back right, step left beside, step forward right

Section 7 Step forward, sweep 1/4 turn left, cross shuffle, slide left, rock back, recover

- 1 - 2** Step forward left, sweep right leg round turning 1/4 left
- 3 & 4** Cross right over left, step left to left side, cross right over left
- 5 - 6** Step left long slide to left, slide right towards left (no weight)

7 ? 8 Rock right back behind left, rock forward on to left

Section 8 Slide right rock back recover - slide left rock back recover

- 1 - 2** Step right long slide to right, slide left towards right (no weight)
- 3 - 4** Rock left back behind right, rock forward on to right
- 5 - 6** Step left long slide to left, slide right towards left (no weight)

7 ? 8 Rock right behind left, rock forward on to left