

# HEY HO TORNADO

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**Count:** 32      **Wall:** —      **Level:** —

**Choreographer:** Trent & Mary Cummings

**Music:** Mamma Africa by Two In One

**Position:** Indian Position (man behind the lady), both facing Outside Line Of Dance

8 days before this dance was premiered at the Marshfield, Wisconsin Workshop, our house was hit by a tornado (and only 2 weeks prior to that, Mary had surgery). We are okay, but had to totally vacate, pack and move all of our belongings, and get ready for a workshop. In the aftermath, we still found the time and were inspired to choreograph this dance. We dedicate this dance to all of our wonderful dancing friends who helped us through this tough time

## LEFT SIDE SHUFFLE, ROCK, ROCK, RIGHT SIDE SHUFFLE, ROCK, ROCK

- 1&2      Left side shuffle, left-right-left
- 3-4      Rock back on right, rock forward on left
- 5&6      Right side shuffle, right-left-right
- 7-8      Rock back on left, rock forward on right

## 5 QUARTER TURNS LEFT (1-¼ ROLLING TURN), STEP RIGHT FOOT FORWARD, LEFT SHUFFLE FORWARD

**Lift right hands, while starting to drop left hands (Windmill Turn - or in this case - Tornado Turn)**

- 9-10      Step left foot ¼ turn left, step right foot ¼ turn left
- 11-12      Drop right hands and left and join left hands, step left foot ¼ turn left, step right foot ¼ turn left
- 13      Step left foot ¼ turn left (you have now completed a 1-¼ progressive turn to face LOD)
- 14      Pick up both hands to open Sweetheart Position, step right foot forward
- 15&16      Left shuffle forward, left-right-left

## FORWARD ROCK, RECOVER, RIGHT SHUFFLE BACK, STEP, CROSS TOUCH, RIGHT SHUFFLE FORWARD

- 17-18      Rock step forward on right foot, recover weight back on to left foot

**19&20** Right shuffle back, right-left-right

**21-22** Step left foot back, touch right toes across left foot

**23&24** Right shuffle forward, right-left-right (lady moves in front of man into Tandem Position)

**WALK, WALK (DUCK OUT FOR THE LADY), LEFT SHUFFLE, WALK, WALK, TURN, HEEL**

**25-26MAN: Walk forward left, walk forward right**

**LADY: Moving toward left side of man and passing under left hands, step back left, step back right**

**Lady is doing a duck out while walking back**

**Release right hands**

**27&28BOTH: Left shuffle forward, left-right-left into Reverse Tandem Position (lady now behind man and rejoin right hands)**

**Release left hands**

**29-30MAN: Walk forward right, walk forward left**

**LADY: Passing under right hands moving forward to the right side of the man, walk forward right, walk forward left, rejoining left hands in the open Sweetheart Position**

**31-32BOTH: Turn  $\frac{1}{4}$  turn to the right on the right foot, touch left heel forward**

**Partners are now back into Tandem Position facing outside line of dance**

**REPEAT**