

# Hey Now

Choreographed by Doug & Jackie Miranda

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**Description: 64 Counts**

**4 Wall Line Dance**

**Music:** "What Dreams Are Made Of" by Hillary Duff CD Sountrack Lizzie McGuire

Start Dance 16 Counts after "Hey Now, Hey Now"

## Counts-Step Description

### Set 1 Cross, Side, Sailor Step Into R ¼ Turn, Step Forward, ½ Turn L, ¾ Turn L Triple Step

1-2 Cross R over L, step L to L side

3&4 Step R behind L, step L to L side as you begin to angle to R, step R into ¼ turn R

5-6 Step forward on L, make a ½ turn L as you step back on R

7&8 Make a ¾ turn L as you triple L,R,L

### Set 2 Rock Forward, Recover Back, Step Lock Back, Rock Back, Step Forward, Full Turn R Triple Step Forward

1-2 Rock forward on R, recover back on L

3&4 Step lock back by stepping back R, cross L over R, step back on R

5-6 Rock back on L, step forward on R

7&8 Make a full turn R traveling forward by making a ¼ turn R on L, turn ¼ turn R stepping back on R, turn 1/2 turn R stepping forward on L

### Set 3 Side Rock, Recover, Cross Shuffle, ½ Turn R, Cross Shuffle

1-2 Rock R to R side, recover on L

3&4 Cross R over L, step L to L side, cross R over L

5-6 Turn a ¼ turn R as you step back on L, turn ¼ turn R as you step R to R side

7&8 Cross L over R, step R to R side, cross L over R

### Set 4 Side Rocks R and L, Cross Unwind ½ Turn L

1-2 Rock R to R side, recover on L

&3-4 Step R next to L, rock L to L side, recover on R

&5-6 Step L next to R, rock R to R side, recover on L

7-8 Cross R over L, unwind a ½ turn L with weight ending on L

### Set 5 Rock Forward, Recover Back, Step Lock Back, Rock Back, Recover Forward, Step Lock Forward

1-2 Rock forward on R, recover back on L

3&4 Step lock back by stepping back on R, cross L over R, step back on R

5-6 Rock back on L, step forward on R

7&8 Step lock forward by stepping forward on L, lock R behind L, step forward on L

### Set 6 Step Forward Hold, Step Forward Hold, Rock Forward Back, Back Coaster Step

1,2&3,4 Step forward on R, Hold, step L next to R, step R forward, hold

&5-6 Step L next to R, rock forward on R, recover back on L

7&8 Back R coaster step by stepping back on R, step L next to R, step forward on R

**Continued**

**Set 7 Rock Forward, Recover Back, ½ Turn L Walk Forward, Side Holds**

- 1-2 Rock L forward, recover back on R
- 3-4 Make a ½ turn L as you step forward L, step forward R
- 5-6 Step L to L side, hold
- &7-8 Step R next to L, step L to L side, hold

**Set 8 Rock Side, Recover, Cross Shuffle, ¾ Turn L, Syncopated Heels**

- &1-2 Step R next to L, rock L to L side, recover on R
- 3&4 Cross shuffle to R side by crossing L over R, step R to R side, cross L over R
- 5-6 Turn ¼ L stepping back on R, turn ½ turn L stepping forward on L
- 7&8& Touch R heel forward, step R next to L, touch L heel forward, step L next to R

**Note:** Get ready to begin again by crossing R over L

**Start Again!**

**Tag:** To fit the phrasing of the music this 8 count tag will occur three different times : the back wall, front wall, and 9:00 wall:

- 1-4 Walk forward R, L, R, L
- 5-8 Raise arms and push up to R as you step R slightly out to R, then to the L as you lean weight to L, then to the R leaning weight to the R, then to the L leaning weight to the L