

# Hey Dad

Choreographer : Lars Kuif (Holland – November 2019)  
Level : High Improver  
Wall : 2  
Count : 32  
Info : Starts after 16 counts  
Music : “Hey Dad” by Mat Stillwell

## [1 – 8] Rock Back In R. Diag., ½ Turn, ¼ Diamond R, Shuffle Fwd.

1 – 2 Rock R back in R diagonal (1), recover to L (2) [12.00]  
&3 ¼ L stepping R back (&), ¼ L stepping L to side sweeping R across L (3) [06.00]  
4&5 Step R across L (4), 1/8 R stepping L back (&), step R back (5) [07.30]  
6& Step L back (6), 1/8 R stepping R fwd. (&) [09.00]  
7&8 Step L fwd. (7), step R next to L (&), step L fwd. (8) [09.00]

## [9 – 16] Rocking Chair, Shuffle Fwd., ¼ Pivot R, Cross, ½ Hinge Turn L, Side

1&2& Rock R fwd. (1), recover to L (&), rock R back (2), recover to L (&) [09.00]  
3&4 Step R fwd. (3), step L next to R (&), step R fwd. (4) [09.00]  
5&6 Step L fwd. (5), ¼ R recovering weight to RF (&), step L across R (6) [12.00]  
7&8 ¼ L stepping R back (7), ¼ L stepping L to side (&), step R across L (8) [06.00]  
& Step L to side (&) [06.00]

## [17 – 24] Cross Rock, ¼ R, Step Fwd. Rock Fwd., Coaster Step, Together, Step Fwd., Mambo, Step Back, Sweep

1 – 2 Rock R across L (1), recover to L (2) [06.00]  
&3 ¼ R stepping R fwd. (&), rock L fwd. (3) [09.00]  
4&5 Step R back (4), step L next to R (&), step R fwd. (5) [09.00]  
&6 Step L next to R (&), step R fwd. (6) [09.00]  
7&8 Rock L fwd. (7), recover to R (&), step L back with R sweep back (8) [09.00]

## [25 – 32] ¼ Sailor Turn R, ½ Pivot R, Walk R fwd., R Mambo Fwd., Step-Lock-Step Back, Sweep Back

1&2 Step R behind L (1), ¼ R stepping L to side (&), step R slightly fwd. and to side (2) [12.00]  
3&4 Step L fwd. (3), ½ R changing weight to RF (&), step L fwd. (4) [06.00]  
5&6 Rock R fwd. (5), recover to L (&), step R back (6) [06.00]  
7&8 Step L back (7), lock R across L (&), step L Back with R sweep back (8) [06.00]

Begin again!

### Restart:

**Dance wall 2 and 4 up to count 16& and restart (facing 12.00). Note: at 16& turn body slightly to R diagonal to ease the restart.**

### Tag+ Restart:

**Dance wall 3 and 7 up to the end and add (facing 06.00):**

**1 – 2 Step R back with L sweep back (1), step L back with R sweep back (2)**

**Restart**

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