

# Hey Ho Tornado

Choreographed by Trent & Mary Cummings

Description: 32 count, beginner/intermediate partner/circle dance

Musik: Mamma Africa by Two In One



[www.ol d-farmers.dk](http://www.ol d-farmers.dk)

[www.coupledance-storemerlose.dk](http://www.coupledance-storemerlose.dk)

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 Chassé side left, right, left
- 3-4 Rock right back, recover to left
- 5&6 Right side shuffle, right, left, right
- 7-8 Rock left back, recover to 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 forward
- 15&16 Chassé forward left, right, left

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

- 17-18 Rock right forward, recover to left
- 19&20 Right shuffle back, right, left, right
- 21-22 Step left back, touch right toes across left foot
- 23&24 Right shuffle forward, right, left, right (lady moves in front of man into Tandem Position)

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

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

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

Lady is doing a duck out while walking back

Release right hands

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

Release left hands

29-30 **MAN:** 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

31-32 **BOTH:** 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