



Say Hey (I Love You) by Michael Franti & Spearhead

Cardio Dance Choreography Notes

Intro (3 eight counts)

Three 8-counts of "Walk it Out"

Walk it Out (2 eight counts)

two step together with a punch to your right, then repeat left

Salsa/I love you (2 eight counts)

Basic side salsa left and right, paddle turn using left foot to turn around

Stomps (4 eight counts)

Single, Single, Double stomps in front

Walk it Out (2 eight counts)

Salsa/I love you (2 eight counts)

Stomps (2 eight counts)

Rockin' on the Dance Floor (2 eight counts)

Rib pops, 4 counts, hip rolls, 4 counts

Walk it Out (2 eight counts)

Salsa/I love you (2 eight counts)

Rockin' on the Dance Floor (4 eight counts)

Break (2 eight counts)

Hip rolls (cont. from Rockin' on the Dance Floor)

Walk it Out (1 eight count)

Salsa/I love you (1 eight count)

Walk it out (4 eight counts)

Salsa/I love you (2 eight counts)

Walk it out (2 eight counts)

Salsa/I love you (1 eight counts)

Rockin' on the Dance Floor (4 eight counts)

