

Head Rush

Count: 64

Wand: 4

Ebene: Intermediate/Advanced

Choreograf/in: Kerry Coutts

Musik: Whatever You Do! Don't! - Shania Twain



HEEL SWITCHES, HEEL JACKS, RIGHT FORWARD SHUFFLE

- 1 Right heel forward
- &2 Bring right foot back to place, pushing left heel forward
- &3 Bring left foot back to place, cross right over left
- &4 Step back on left foot, pushing right forward
- &5 Bring right foot back to place, cross left over right
- &6 Step back on right foot, pushing left forward
- &7 Bring left foot back to place, step forward on right
- &8 Step left beside right, step forward on right

ROCK, RECOVER, COASTER STEP, ROCK RECOVER, TURNING CHASSE

- 9-10 Rock forward on left, recover weight onto right
- 11 Step back on left
- &12 Step back on right, step forward on left
- 13-14 Rock forward on right, recover weight onto left
- 15 Step right foot back turning $\frac{1}{4}$ to right
- &16 Step left beside right, step right to right side

LEFT TOE TOUCHES, BALL CHANGE, LEFT CHASSE, ROCK, RECOVER

- 17 Touch left toe forward
- 18 Touch left toe to left side
- 19 Tap left toe behind right foot
- &20 Step back on ball of left, step forward on right
- 21&22 Step left to left side, step right next to left, step left to left side
- 23-24 Rock right foot behind left, recover weight onto left

RIGHT TOE TOUCHES, BALL CHANGE, RIGHT CHASSE, STOMP, STOMP

- 25 Touch right toe forward
- 26 Touch right toe to left side
- 27 Tap right toe behind left foot
- &28 Step back on ball of right, step forward on left
- 29&30 Step right to right side, step left next to right, step right to right side
- 31-32 Stomp left, stomp right

APPLEJACKS, RIGHT FORWARD SHUFFLE, ROCK, RECOVER

- 33 Weight on left heel and right toe, swivel left toe and right heel to left
- & Swivel back to center
- 34 Weight on right heel and left toe, swivel right toe and left heel to right
- & Swivel back to center
- 35 Weight on left heel and right toe, swivel left toe and right heel to left
- & Swivel back to center
- 36 Weight on right heel and left toe, swivel right toe and left heel to right
- & Swivel back to center
- 37&38 Step forward on right, step left next to right, step forward on right
- 39-40 Rock forward on left, recover weight onto right

TOUCH BACK, HOLD, ½ TURN PIVOT, BALL CHANGE, KICK BALL TOUCHES

- 41-42 Touch left toe behind right foot, hold
- 43 Pivot ½ turn over left shoulder ending with weight on the left
- &44 Step back on ball of right, step forward on left
- 45 Kick right foot forward
- &46 Step right foot in place, touch left toe to left side
- 47 Kick left foot forward
- &48 Step left foot in place, touch right toe to right side

CROSS, UNWIND ¼ TURN, BACK LOCK STEP ROCK, RECOVER, FULL TURN TRAVELING FORWARD

- 49 Cross right foot over left foot
- 50 Unwind ¼ turn to left ending with weight on right
- 51&52 Step back on left, cross right in front of left, step back on left
- 53-54 Rock back onto right foot, recover weight onto left
- 55 Step forward on right turning ½ turn to left
- 56 Step back on left turning ½ turn to left

ROCK, RECOVER, WALK BACK, SAILOR SHUFFLES WITH ¼ TURN

- 57-58 Rock forward on right, recover weight onto left
- 59-60 Step back on right, step back on left
- 61&62 Cross right behind left step left to left side, step right in place
- 63 Cross left behind right, turning ¼ to left
- &64 Step right to right side, step left in place

REPEAT
