

# Heads Up!

Count: 64

Wall: 4

Level: Improver

Choreographer: Teresa Lawrence (UK) & Vera Fisher (UK) - July 2009

Music: Keeping Your Head Up - Girls Cant Catch : (CD: Single)



**Start dance 16 counts in from the 1st heavy beat.**

## **S1: Walk Walk Ball Change Step X2**

1-2,&3-4 Walk fwd R,L, side rock R to R side, replace weight, step fwd R  
5-6,&7-8 Walk fwd L,R, side rock L to L side, replace weight, step fwd L

## **S2: Rock Replace 1/4 Chasse Side. Cross Hold. Ball Cross Side**

1-2,3&4 Rock fwd on R, replace weight on L, making 1/4 turn R chasse to R side  
5-6,7&8 Cross L over R, hold, step on ball of R to R side, cross L over R, step R to R side. (3)

## **S3: Sailor Step Sailor 1/4 Turn Rock Fwd Replace Full Turn Left**

1&2,3&4 L sailor step, R sailor step making 1/4 turn R  
5-8 Rock fwd on L, replace weight, 1/2 turn L stepping fwd on L, 1/2 turn L stepping back on R.  
(6)

## **S4: Rock Back Replace Shuffle, Walk Walk Ball Step Touch**

1-2,3&4 Rock back on L, replace weight, shuffle fwd on L  
5-6&7-8 2 walks fwd R,L, small step fwd on R, step L next to R, touch R next to L

## **S5: 1/4 Monterey Turn X2**

1-4 14 Monterey turn R  
5-8 14 Monterey turn R. (12)

## **S6: Over Back Side X2. Walk Walk**

1-3 Cross R over L, small step back on L, small step R to R side  
4-6 Cross L over R, small step back on R, small step L to L side  
7-8 Walk fwd R,L

## **S7: Rock Fwd Replace Rock Side Replace Behind Side Cross Hold Ball Cross**

1-4 Rock fwd on R, replace weight, rock R to R side, replace weight  
5&6,7-8 Cross R behind L, small step to L side, cross R over L, hold, small step to L, cross R over L

## **S8: Rock Fwd Replace Rock Side Replace Sailor 1/4 Turn R. Kick Ball Change**

1-4 Rock fwd on L, replace weight, rock L to L side, replace weight  
5&6,7&8 Cross L behind R, make 1/4 turn R stepping fwd R, small step fwd on L, R kick ball change.  
(3)

## **TAG: END OF WALL 2. 8 COUNT TAG, FACING BACK**

1-4 Rocking chair on R  
5-8 Pivot 1/2 turn L x2

**RESTART: Wall 5 restart. Dance up to and including end of section 6, facing the front. Start dance from beginning.**

**ENDING: Dance ends during wall 7. Dance up to and including section 6. You will be facing the 3, o'clock wall. You have 2 extra counts. Step fwd on R, pivot 1/4 turn L to face the front. Do "stomps" on the pivot to "feel" the music!! Its pretty easy, honest!**

