

Over Heels

Compte: 48

Mur: 2

Niveau: Phrased Improver / Intermediate



Chorégraphe: Carmen Fivian (CH) - June 2024

Musique: Head Over Heels (Sped Up Version) - Gun Boi Kaz

Sequence as follows: A restart A, BB, CC step change, A restart A, BB, CC, restart, BB, CC

A Sequence: 16c

Walk, Walk, Side rock cross, Back, Back, Coaster Cross

1-2 RF Step forward, LF Step forward
3&4 RF side Step, RF crossover LF
5-6 LF Step back, RF Step back
7&8 LF Step back, RF next to LF, LF Cross in front

Side behinde, Syncopated Grapevine, Back Rock, Step turn ¼ cross, Coaster Step

1-2 RF Step right side, LF Step behind RF
3&4 RF Step right side, LF Crossover RF, RF Step right side
&5&6 LF Rock back, recover RF, LF Step Turn ¼, recover RF (3:00)
&7&8 LF Crossover RF, RF Step back, LF next to RF, RF Step

B Sequence: 16c

Step turn ¼, Cross Rock, Side Rock, Step, Sweep, Cross Rock, Side Rock

1-2 LF Step forward, ¼ turn (9:00)
3&4 LF Crossover RF, LF Step left side
&5-6 LF Step Crossover RF, RF Sweep
7&8& RF Crossover LF, RF Step right side

Cross Step, Touch, Lock Shuffle back, Coaster Step, Point Touch, Heel Hock

1-2 RF Step cross, LF Touch behind RF
3&4 LF Step diagonal back, RF Step back in front LF, LF Step diagonal back
5-6 RF Step back, LF next to RF, RF small Step forward
7&8& LF side Point, LF Touch next to RF, LF Heel in Front, LF Hock

C Sequence: 16c

Sailor Turn ¼, Scuff, RF Lock Shuffle, LF Lock Shuffle, Scuff, RF Step, LF Touch, Step, RF Kick

1&2& LF Sailor turn ¼, RF Scuff (9:00)
3&4& RF Step diagonal forward, LF Step behind RF, RF Step diagonal forward, LF Scuff
5&6& LF Step diagonal forward, RF Step behind LF, LF Step diagonal forward, RF Scuff
7&8& RF Step in front, LF Touch behind RF, LF Step back, RF Kick

RF Lock Shuffle back, LF Lock Shuffle back, Shuffle turn ½, Step turn ½, Step together, Step

1&2 RF Step diagonal back, LF Step in front RF, RF Step diagonal back
3&4 LF Step diagonal back, RF Step in front LF, LF Step diagonal back
5&6 RF Step ¼ turn, LF together to RF, RF Step ¼ turn
7&8& LF Step ½ turn, recover RF, LF Step next to RF, RF Step

Restart:

Restart A Sequence in second part:

&7& LF Crossover RF, RF Step back, LF next to RF, restart (3:00)

Step change C Sequence in second part:

7&8& LF Step ½ turn, recover RF, LF Step next to RF, RF touch (6:00)

Restart C Sequence to B Sequence:

5&6 RF Step $\frac{1}{4}$ turn, LF together to RF, RF Step $\frac{1}{4}$ turn

7-8 Step forward, LF $\frac{1}{2}$ Turn (12:00 to 3:00)

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