

# Head Over Heels & Toes

**COPPER** **KNOB**  
BY STEPHEN BRETZ

拍数: 48                      墙数: 4                      级数: Improver  
编舞者: Pat Stott (UK) & Laura Sway (UK) - October 2018  
音乐: Out of Our Heads - Take That



Count in: 8 count intro

## Point & point & heel & heel & point, hold double clap, & point hold double clap

- 1&2.                      Point right to right, close, point left to left
- &3&4.                    Close, right heel forward, close, left heel forward
- &5&6.                    Close, point right to right, hold & clap hands twice (&6)
- &7&8.                    Close, point left to left, hold & clap hands twice (&8)

## & Heel grind 1/4 turn right, coaster step, rock forward, recover, close, rock forward, recover

- &1-2.                    Step on Left, Right heel forward and grind heel turning 1/4 right, recover back on left foot
- 3&4.                    Back on right, close left to right, forward on right
- 5-6&                    Rock forward on left, recover on right, close left to right
- 7-8.                    Rock forward on right, recover on left

## 1/2 turn right stepping forward on right, 1/4 turn right stepping left to left, rock back, recover, rock right to right, turn 1/4 left, full turn left (or 2 walks)

- 1-2.                    Turn 1/2 right stepping forward on right, turn 1/4 right stepping left to left
- 3-4.                    Rock back on right, recover on left
- 5-6.                    Rock right to right, turn 1/4 left transferring weight to left
- 7-8.                    Turn 1/2 left stepping back on right, turn 1/2 left stepping forward on left

(Easier option 2 walks forward)

## Hip bumps right, ball cross, hold & clap hands twice, bump hips left, ball cross, hold & clap hands twice

- 1-2.                    Step slightly diagonally right on right & bump hips to right twice
- &3&4.                    Step onto ball of left slightly back, cross right over left, clap hands twice
- 5-6.                    Step slightly diagonally forward on left & bump hips twice to left
- &7&8.                    Step onto ball of right foot slightly back, cross left over right, hold & clap twice

## Side, recover, behind, side, cross, side, recover, sailor 1/4 turn left

- 1-2.                    Rock right to right, recover on left
- 3&4.                    Right behind left, left to left, cross right over left
- 5-6.                    Rock left to left, recover on right
- 7&8.                    Left behind right, turn 1/4 left stepping right to right, step left in place

## Step, kick, coaster step, Jazz box 1/4 right with jump & clap

- 1-2.                    Step forward on right, kick left forward
- 3&4.                    Back on left, close right to left, forward on left
- 5-6.                    Cross right over left, back on left
- 7-8.                    Turn 1/4 stepping right to right, jump feet together and clap

ENDING: Dance up until Counts 32 (3.00) , Rock side Right, Recover on Left, behind ¼ Step Left (12.00) into your big finish....

Just a nice Big Pose to finish .. TADA!!!