

Head Above Water

COPPER KNOB
BY SHEETS

拍数: 52 墙数: 2 级数: Phrased Advanced
编舞者: David Ackerman (USA) - June 2020
音乐: Head Above Water (feat. We the Kings) - Avril Lavigne



Sequence: AABC ABCC BB(Restart after 14 counts) BBCC

Intro: Start dance after 7 counts

Note: The verse of the song is in 7 count phrasing (A sections) while the rest of the song is in 8 count phrasing.

A-28

A1: L fwd Rock, Back Sweep L, Back Hitch R, Behind-Side-Cross, L Side, ¼ turn R, ½ turn R

1 2 3 Rock L forward, Recover weight R as you sweep L from front to back, Step L back as you hitch R up bring foot behind L
4&5 Cross R behind L, Step L to left side, Cross R over L
6 7& Step L to left side, Make a ¼ turn right stepping R forward (3:00), Make ½ turn right stepping L back (9:00)

A2: ½ turn R, Modified Fallaway, Sway RL, Side R, Cross

1 2& Make ½ turn right stepping R forward (3:00), Step L forward, Make ⅛ turn left stepping R to right side (1:30)
3 4& Step L back, Step R back, Make ¼ turn left stepping L to left side (10:30)
5 6 Make ⅜ turn left stepping R to right side (6:00), Recover weight L swaying body
7& Recover weight R, Cross L over R

A3: ¼ turn R, ½ turn R on toe, Run RL, Fwd Rock R, ¼ Rock Turn R

1 2 Make ¼ turn right stepping R forward (9:00), Make ½ turn right stepping L back and coming up onto the ball of the foot while raising R in front slightly (3:00)
3&4 Step R forward, Step L forward, Rock R forward
5 6 7 Recover weight L, Make ¼ turn right stepping R to right side (6:00), Recover weight L

A4: Cross Rock R, Cross Rock L, Cross, Full Unwind, Run LR

1&2 Cross R over L, Recover weight L, Step R to right side
3&4 Cross L over R, Recover weight R, Step L to left side
5 6 Cross R over L, Unwind a full turn keeping weight R
7& Step L forward, Step R forward

B-16

B1: Fwd L, ½ turn L, Full turn R, Rock Fwd R, Kick, L Coaster w/ Sweep

1 2 Step L forward, Make ½ turn left as you pull the R leg under you (6:00)
3&4 Step R forward, Make ½ turn right stepping L back (12:00), Make ½ turn right stepping R forward (6:00)
5 6 Step L forward bending the L knee, Push off L leg stepping back R with a small kick forward from L
7&8 Step L back, Step R next to L, Step L forward sweeping R from back to front

B2: Cross-Side-Together, ½ turn L, Point L Side, Sailor w/ Rock, L Fwd, ½ Pivot R, R Fwd

1&2 Cross R over L, Step L to left side, Step R next to left angling the body slightly right (7:30)
3&4 Step L forward, Make ¼ turn left stepping R back (3:00), Make ¼ turn left tapping L toe to left side (12:00)
5&6& Step L behind R, Step R to right side, Step L to left side, Recover weight R

*Restart happens here during the 4th B section of the dance (2nd B in a row) after 14 counts. You will start the B section again by stepping L forward for 1.

7 8& Step L forward, Make $\frac{1}{2}$ turn right keeping weight on L (6:00), Step R forward

C-8

C1: Front Rock, Side Rock, Back Sweep, Behind, $\frac{1}{4}$ turn L, Rocking Chair, 1 $\frac{1}{4}$ turn L, Run LR

1&2& Rock L forward, Recover weight R, Rock L to left side, Recover weight R

3 4& Step L back while sweeping R from front to back, Step R behind L, Make $\frac{1}{4}$ turn left stepping L forward (9:00)

5&6& Rock R forward, Recover weight L, Rock R back, Recover weight L

7 8& Make a 1 $\frac{1}{4}$ turn left stepping R forward (6:00), Step L forward, Step R forward (Note: use the last two steps to square up if you don't make the turn)

Enjoy!

Contact: daveackerman2@gmail.com
