

Head Up High

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Improver
编舞者: Bonita Malone (USA) - July 2021
音乐: Head Up High - FITZ & Fitz and The Tantrums



#8 count introduction - 1 TAG, 2 RESTARTS

(1 - 8) DOROTHY R, DOROTHY L, ROCK FWD, RECOVER, COASTER STEP

1,2& Step R diagonally fwd (1:30), Step L behind R (2), Step R fwd (&
Optional arms - R hand to chest with R elbow tilted down, L arm extended high diagonal
3,4& Step L diagonally fwd (10:30), step R behind L (4), step L fwd (&
Optional arms - L hand to chest with L elbow tilted down, R arm extended high diagonal
5,6 Rock R fwd (5), recover L (6)
Optional arms - both hands to chest with elbows at shoulder height
7&8 Step back on R (7), step L next to R (&), step R slightly fwd (8)
Optional arms - arms lower to sides

(9 - 16) STEP FWD, PIVOT ½ TO R, FWD L SHUFFLE, R CROSS FRT, BACK L ¼ TURN R, SIDE SHUFFLE

1,2 Step L fwd (1), ½ pivot to R (2) [6:00]
3&4 Step L fwd (3), step R next to L (&), step L fwd (4)
5,6 Step R cross frt (5), step back on L making ¼ turn R (6) [9:00]
7&8 Step R side (7), step L next to R (&), step R side (8)

RESTART HERE ON WALL 3 (FACING 6:00) - STEP CHANGE NEEDED

5-8 Jazz box w/cross frt (R,L,R,L) [6:00]

(17 - 24) STEP L CROSS FRT, STEP BACK R, ¼ TURN L SIDE SHUFFLE, R POINT CROSS FRT, POINT SIDE, STEP R CROSS FRT, STEP L SIDE

1,2 Step L cross frt (1), step back on R making ¼ turn to L (2) [6:00]
3&4 Step L side (3), step R next to L (&), step L side (4)
5,6 Point R cross to L diagonal (5), point R side (6)
Optional arms - L hand to chest with L elbow high diagonal, R arm extended low diagonal (5)
R hand to chest with R elbow tilted down, L arm extended (6)
7,8 Step R cross frt (7), step L side (8)

Optional arms - both hands to chest with elbows at shoulder height

RESTART HERE ON WALL 7 (FACING 6:00) - STEP CHANGE NEEDED

7,8 Rock back on R, recover L

(25 - 32) R POINT CROSS FRT, POINT R SIDE, STEP R CROSS FRT, STEP L SIDE, SAILOR STEP, BEHIND SIDE CROSS FRT

1,2 Point R to L diagonal (1), point R side (2)
Optional arms - L hand to chest with L elbow high diagonal, R arm extended low diagonal (1)
R hand to chest with R elbow tilted down, L arm extended (2)
3,4 Step R cross frt (3), step L side (4)
Optional arms - both hands to chest with elbows at shoulder height
5&6 Step R behind (5), step L slightly side (&), step R side (6)
Optional arms - arms lower to sides
7&8 Step L behind (7), step R side (&), step L cross frt (8)

TAG facing 6:00 AFTER WALL 1

(1-8) STEP R SIDE, HOLD, ROCK BACK, RECOVER, L ROCK SIDE, RECOVER, COASTER STEP

1,2 Step R side (1), hold (2)
3,4 Rock back on L (3), recover on R (4)
5,6 Rock L side (5), recover on R (6)

7&8

Step L back (7), step R next to L (&), step L fwd (8)

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More and more dances are including arm movements, so I decided to follow the trend.
Certainly feel free to omit arm movements or add your own.

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