

# Head Rush

拍数: 64      墙数: 4      级数: Intermediate/Advanced  
编舞者: Kerry Coutts  
音乐: Whatever You Do! Don't! - Shania Twain



## HEEL SWITCHES, HEEL JACKS, RIGHT FORWARD SHUFFLE

1            Right heel forward  
&2          Bring right foot back to place, pushing left heel forward  
&3          Bring left foot back to place, cross right over left  
&4          Step back on left foot, pushing right forward  
&5          Bring right foot back to place, cross left over right  
&6          Step back on right foot, pushing left forward  
&7          Bring left foot back to place, step forward on right  
&8          Step left beside right, step forward on right

## ROCK, RECOVER, COASTER STEP, ROCK RECOVER, TURNING CHASSE

9-10        Rock forward on left, recover weight onto right  
11          Step back on left  
&12        Step back on right, step forward on left  
13-14      Rock forward on right, recover weight onto left  
15          Step right foot back turning  $\frac{1}{4}$  to right  
&16        Step left beside right, step right to right side

## LEFT TOE TOUCHES, BALL CHANGE, LEFT CHASSE, ROCK, RECOVER

17          Touch left toe forward  
18          Touch left toe to left side  
19          Tap left toe behind right foot  
&20        Step back on ball of left, step forward on right  
21&22      Step left to left side, step right next to left, step left to left side  
23-24      Rock right foot behind left, recover weight onto left

## RIGHT TOE TOUCHES, BALL CHANGE, RIGHT CHASSE, STOMP, STOMP

25          Touch right toe forward  
26          Touch right toe to left side  
27          Tap right toe behind left foot  
&28        Step back on ball of right, step forward on left  
29&30      Step right to right side, step left next to right, step right to right side  
31-32      Stomp left, stomp right

## APPLEJACKS, RIGHT FORWARD SHUFFLE, ROCK, RECOVER

33          Weight on left heel and right toe, swivel left toe and right heel to left  
&          Swivel back to center  
34          Weight on right heel and left toe, swivel right toe and left heel to right  
&          Swivel back to center  
35          Weight on left heel and right toe, swivel left toe and right heel to left  
&          Swivel back to center  
36          Weight on right heel and left toe, swivel right toe and left heel to right  
&          Swivel back to center  
37&38      Step forward on right, step left next to right, step forward on right  
39-40      Rock forward on left, recover weight onto right

**TOUCH BACK, HOLD, ½ TURN PIVOT, BALL CHANGE, KICK BALL TOUCHES**

- 41-42 Touch left toe behind right foot, hold
- 43 Pivot ½ turn over left shoulder ending with weight on the left
- &44 Step back on ball of right, step forward on left
- 45 Kick right foot forward
- &46 Step right foot in place, touch left toe to left side
- 47 Kick left foot forward
- &48 Step left foot in place, touch right toe to right side

**CROSS, UNWIND ¼ TURN, BACK LOCK STEP ROCK, RECOVER, FULL TURN TRAVELING FORWARD**

- 49 Cross right foot over left foot
- 50 Unwind ¼ turn to left ending with weight on right
- 51&52 Step back on left, cross right in front of left, step back on left
- 53-54 Rock back onto right foot, recover weight onto left
- 55 Step forward on right turning ½ turn to left
- 56 Step back on left turning ½ turn to left

**ROCK, RECOVER, WALK BACK, SAILOR SHUFFLES WITH ¼ TURN**

- 57-58 Rock forward on right, recover weight onto left
- 59-60 Step back on right, step back on left
- 61&62 Cross right behind left step left to left side, step right in place
- 63 Cross left behind right, turning ¼ to left
- &64 Step right to right side, step left in place

**REPEAT**

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