

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
