

# Heads & Tails

拍数: 64      墙数: 4      级数: Intermediate  
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音乐: Heads Carolina, Tails California - Jo Dee Messina



## KICK FORWARD, TOUCH TO SIDE, TOUCH BEHIND, TOUCH TO SIDE, RIGHT SAILOR, LEFT SAILOR

1-2      Kick right forward, touch to right side  
3-4      Touch behind left, touch right side  
5&6      Step right behind left, left to left side, right to meet  
7&8      Left behind right, right to right side, left to meet

## SHUFFLE TWICE, STEP PIVOT ½ TURN, LEFT COASTER

1&2      Step right forward, left to meet, right forward  
3&4      Step left forward, right to meet, left forward  
5-6      Step right forward, pivot ½ turn over left shoulder  
7&8      Step left behind, right to meet and step left in front

## CROSS STEPS TWICE, UNWIND ½ TURN, KICK BALL CHANGE

1-2      Point right foot to right side, cross right foot over left putting weight onto it  
3-4      Point left foot to left side, cross left foot over right putting weight onto it  
5&6      Unwind ½ turn keeping weight on left  
7&8      Kick right forward, place weight on right, left to meet

## RIGHT GRAPEVINE, LEFT HEEL JACK, RIGHT TOE HOP

1-4      Step right to right side, left behind, right to right side, step down left putting weight on it  
&5&6      Step right back, jack left heel forward, step left down and bring right to meet  
&7&8      Step left back, tap right toe next to left foot, hop on left foot and step right foot down next to left

## CHASSE LEFT, CROSS ROCK, 1 ¼ TURNS, SHUFFLE

1&2      Step left to left side, right to meet, left to left side  
3-4      Rock onto right foot, stepping it in front of left and rock back onto left foot  
5-6      1 ¼ turn to right, stepping right then left  
7&8      Step right forward, left to meet and step right forward

## ROCK FORWARD, RIGHT & LEFT KNEE POPS

1-2      Rock forward onto left foot and back onto right  
3-4      Step back on left foot, popping right knee forward  
5-6      Step right foot back, popping left knee forward  
7-8      Step back left, pop right knee forward, step back right, pop left knee forward

## SIDE ROCK, WALKS FORWARD, SIDE ROCK, STEP, PIVOT ½ TURN SCUFF

1-4      Rock left to left side and place weight back onto right, walk left, right, left  
5-6      Rock right to right side and place weight back onto left, step right in front of left  
7-8      Pivot ½ turn over left shoulder, scuff right foot

## JAZZ BOX, HIP BUMPS

1-4      Cross right foot over left, step left back, step right to right side, step left to left side  
5-8      Bump hips twice to right side, bump hips twice to left side

REPEAT

