

# Heads Up!

**COPPER** KNOB  
BY STEPHEN HETS

拍数: 64                      墙数: 4                      级数: Improver  
编舞者: Teresa Lawrence (UK) & Vera Fisher (UK) - July 2009  
音乐: Keeping Your Head Up - Girls Cant Catch : (CD: Single)



Start dance 16 counts in from the 1st heavy beat.

## S1: Walk Walk Ball Change Step X2

1-2,&3-4            Walk fwd R,L, side rock R to R side, replace weight, step fwd R  
5-6,&7-8            Walk fwd L,R, side rock L to L side, replace weight, step fwd L

## S2: Rock Replace 1/4 Chasse Side. Cross Hold. Ball Cross Side

1-2,3&4            Rock fwd on R, replace weight on L, making 1/4 turn R chasse to R side  
5-6,7&8            Cross L over R, hold, step on ball of R to R side, cross L over R, step R to R side. (3)

## S3: Sailor Step Sailor 1/4 Turn Rock Fwd Replace Full Turn Left

1&2,3&4            L sailor step, R sailor step making 1/4 turn R  
5-8                 Rock fwd on L, replace weight, 1/2 turn L stepping fwd on L, 1/2 turn L stepping back on R.  
(6)

## S4: Rock Back Replace Shuffle, Walk Walk Ball Step Touch

1-2,3&4            Rock back on L, replace weight, shuffle fwd on L  
5-6&7-8            2 walks fwd R,L, small step fwd on R, step L next to R, touch R next to L

## S5: 1/4 Monterey Turn X2

1-4                 14 Monterey turn R  
5-8                 14 Monterey turn R. (12)

## S6: Over Back Side X2. Walk Walk

1-3                 Cross R over L, small step back on L, small step R to R side  
4-6                 Cross L over R, small step back on R, small step L to L side  
7-8                 Walk fwd R,L

## S7: Rock Fwd Replace Rock Side Replace Behind Side Cross Hold Ball Cross

1-4                 Rock fwd on R, replace weight, rock R to R side, replace weight  
5&6,7-8            Cross R behind L, small step to L side, cross R over L, hold, small step to L, cross R over L

## S8: Rock Fwd Replace Rock Side Replace Sailor 1/4 Turn R. Kick Ball Change

1-4                 Rock fwd on L, replace weight, rock L to L side, replace weight  
5&6,7&8            Cross L behind R, make 1/4 turn R stepping fwd R, small step fwd on L, R kick ball change.  
(3)

## TAG: END OF WALL 2. 8 COUNT TAG, FACING BACK

1-4                 Rocking chair on R  
5-8                 Pivot 1/2 turn L x2

**RESTART:** Wall 5 restart. Dance up to and including end of section 6, facing the front. Start dance from beginning.

**ENDING:** Dance ends during wall 7. Dance up to and including section 6. You will be facing the 3, o'clock wall. You have 2 extra counts. Step fwd on R, pivot 1/4 turn L to face the front. Do "stomps" on the pivot to "feel" the music!! Its pretty easy, honest!

