

Head Over Heels

拍數: 64 牆數: 4 級數: Improver
編舞者: Brandi Hughes (CAN) - April 2016
音樂: Head over Heels - The Washboard Union : (iTunes)



S1: Sugarfoot, Hold, Sugarfoot, Hold

- 1-4 Touch right toe beside left foot turning right knee across left leg (1), Touch right heel out front on the right diagonal (2), Cross right foot over left (3), Hold (4)
5-8 Touch left toe beside right foot turning left knee across right leg, Touch left heel out on the left diagonal, Cross left foot over right, Hold

S2: Rock, Recover, Step, Hold, Rock, Recover, Step, Hold

- 1-4 Rock forward on right foot (1), Recover weight back onto left (2), Step back on right foot (3), Hold (4)
5-8 Rock back on Left (5), Recover weight forward on Right (6), Step forward on Left (7), Hold (8)

S3: Weave Right, Hold, Rock, Recover

- 1-4 Step Right to right side (1), Cross Left behind right (2), Step Right to right side (3), Cross Left over right (4)
5-8 Step right to right side (5), Hold (6), Rock back on left (7), Recover weight forward onto right (8)

S4: Lock Step, Brush, ½ Pivot, Stomp (x2)

- 1-4 Step forward on left foot (1), Lock right foot behind left taking weight (2), Step left foot forward (3), Brush right foot beside left (4)

*Restart here for Wall 6

- 5-8 Step right foot forward (5), make ½ turn left and take weight on left foot (6), Stomp right foot slightly forward (7), Stomp left foot slightly forward (8)

S5: Step, Touch, Step, Touch, ¼ Step, Touch, Step, Touch

- 1-4 Step forward on right foot (1), Touch left toe behind right foot (2), Step back on left foot (3), Touch right toe across left foot (4)
5-8 Step forward on right foot making ¼ turn right (5), Touch left toe behind left foot (6), Step back on left foot (7), Touch right toe across left foot (8)

S6: Step, Scuff, Step, Scuff, Jazz Box

- 1-4 Step right foot forward (1), Brush left foot beside right (2), Step down on left foot (3), Brush right beside left foot (4)
5-8 Step down on right crossing over left foot (5), Step back on left (6), Step right to right side (7), Step left beside right (8)

S7: Shuffle Forward, Brush, Shuffle Forward, Brush

- 1-4 Step forward on right foot (1), Step left beside right (2), Step forward on right foot (3), Brush left beside right
5-8 Step forward on left foot (5), Step right beside left (6), Step forward on left foot (7), Brush right foot beside left (8)

*Restart here on Wall 2

S8: Out, Out, Clap, Back, Clap, Heel Touches (x2)

- &1-2 &3-4 Step Out forward on right (&), Step Out forward on left, (1), Clap (2), Step right back to center (&), step left back to center (3), Clap (4)
5-8 Place right heel forward on the diagonal (5), Step right back to center (6), Place left heel forward on the diagonal (7), Step left back to center (8)

Restarts:

Wall 2: Dance the first 56 counts and start again

Wall 6: Dance the first 28 Counts and start again

Have fun and Enjoy!

Last Update - 22nd March 2017
