

Head Over Heels & Toes

COPPERKNOB
BY STEPHENETS

拍數: 48 牆數: 4 級數: Improver
編舞者: Pat Stott (UK) & Laura Sway (UK) - October 2018
音樂: Out of Our Heads - Take That



Count in: 8 count intro

Point & point & heel & heel & point, hold double clap, & point hold double clap

- 1&2. Point right to right, close, point left to left
- &3&4. Close, right heel forward, close, left heel forward
- &5&6. Close, point right to right, hold & clap hands twice (&6)
- &7&8. Close, point left to left, hold & clap hands twice (&8)

& Heel grind 1/4 turn right, coaster step, rock forward, recover, close, rock forward, recover

- &1-2. Step on Left, Right heel forward and grind heel turning 1/4 right, recover back on left foot
- 3&4. Back on right, close left to right, forward on right
- 5-6& Rock forward on left, recover on right, close left to right
- 7-8. Rock forward on right, recover on left

1/2 turn right stepping forward on right, 1/4 turn right stepping left to left, rock back, recover, rock right to right, turn 1/4 left, full turn left (or 2 walks)

- 1-2. Turn 1/2 right stepping forward on right, turn 1/4 right stepping left to left
- 3-4. Rock back on right, recover on left
- 5-6. Rock right to right, turn 1/4 left transferring weight to left
- 7-8. Turn 1/2 left stepping back on right, turn 1/2 left stepping forward on left

(Easier option 2 walks forward)

Hip bumps right, ball cross, hold & clap hands twice, bump hips left, ball cross, hold & clap hands twice

- 1-2. Step slightly diagonally right on right & bump hips to right twice
- &3&4. Step onto ball of left slightly back, cross right over left, clap hands twice
- 5-6. Step slightly diagonally forward on left & bump hips twice to left
- &7&8. Step onto ball of right foot slightly back, cross left over right, hold & clap twice

Side, recover, behind, side, cross, side, recover, sailor 1/4 turn left

- 1-2. Rock right to right, recover on left
- 3&4. Right behind left, left to left, cross right over left
- 5-6. Rock left to left, recover on right
- 7&8. Left behind right, turn 1/4 left stepping right to right, step left in place

Step, kick, coaster step, Jazz box 1/4 right with jump & clap

- 1-2. Step forward on right, kick left forward
- 3&4. Back on left, close right to left, forward on left
- 5-6. Cross right over left, back on left
- 7-8. Turn 1/4 stepping right to right, jump feet together and clap

ENDING: Dance up until Counts 32 (3.00) , Rock side Right, Recover on Left, behind ¼ Step Left (12.00) into your big finish....

Just a nice Big Pose to finish .. TADA!!!