

Head To Toes

拍數: 64 牆數: 2 級數: Phrased Intermediate
編舞者: Romain Brasme (FR) & Guillaume Richard (FR) - May 2020
音樂: Head Shoulders Knees & Toes (feat. Norma Jean Martine) - Offenbach & Quarterhead



Phrasing: A – BB – A (32counts) – Restart A – BB – A (32 counts) – Restart BB – A

Intro: 32 counts

Restart : At wall 4, dance the first 32 counts of part A, and restart with part A

At wall 8, dance the first 32 counts of part A, and restart with part B

PART A: 48 counts

[1 – 8] Step Back x2, Coaster Cross $\frac{1}{4}$ turn, Ball Cross, Shuffle $\frac{1}{4}$ turn, $\frac{1}{2}$ turn

1-2 Step RF back (1), Step LF back (2) 12:00
3&4 Step RF back (3), Make $\frac{1}{4}$ turn R stepping ball of LF next to RF (&), Cross RF over LF (4) 3:00
&5-6 Step on ball of LF to L (&), Cross RF over LF (5), Step LF to L (6) 3:00
&7-8 Step RF next to LF (&), Make $\frac{1}{4}$ turn L stepping LF fwd (7), Make $\frac{1}{2}$ turn R stepping on RF (8) 6:00

[9 – 16] Step Touch x2, $\frac{1}{4}$ turn, Kick Out Out, Head $\frac{1}{4}$ turn

1-2 Step LF diagonally fwd (1), Touch RF next to LF (2) 6:00
3-4 Step RF diagonally fwd (3), Touch LF next to RF (4) 6:00
5-6 Make $\frac{1}{4}$ turn L as you switch weight on LF and pop R knee (5), Kick RF fwd (6) 3:00
&7-8 Step RF out R (&), Step LF out F (7), Turn $\frac{1}{4}$ L your head (8) 3:00

[17 – 24] Ball, Side Rock, Sailor Step $\frac{1}{2}$ turn, Ball Touch & Hold x2

&1-2 Step on ball of RF next to LF (&), Step LF to L (1), Recover on RF (2) 3:00
3&4 Make $\frac{1}{4}$ turn L stepping LF back (3), Make $\frac{1}{4}$ turn L stepping RF to R (&), Step LF fwd (4) 9:00
&5-6 Step RF diagonally fwd (&), Touch LF next to RF (5), Hold (6) 9:00
&7-8 Step LF diagonally fwd (&), Touch RF next to LF (7), Hold (8) 9:00

[25 – 32] Ball, Cross Rock, Shuffle, Jazz Box $\frac{1}{4}$ turn

&1-2 Step on ball of RF to R (&), Cross LF over RF (1), Recover on RF (2) 9:00
3&4 Step LF to F (3), Step RF next to LF (&), Step LF to L (4) 9:00
5-6 Cross RF over LF (5), Make $\frac{1}{4}$ turn R stepping LF back (6) 12:00
7-8 Step RF to R (7), Cross LF over RF (8) 12:00

[33 – 40] Grapevine, Step Touch x2

1-2 Step RF to R (1), Cross LF behind RF (2) 12:00
3-4 Step RF to R (3), Touch LF next to RF (4) 12:00
5-6 Step LF to L (5), Touch RF next to LF (6) 12:00
7-8 Step RF to R (7), Touch LF next to RF (8) 12:00

[41 – 48] Grapevine and Rolling Vine, Slide, Kick Ball Step

1-2 Step LF to L (1), Cross RF behind LF (2) 12:00
3-4 Make $\frac{1}{4}$ turn L stepping LF fwd (3), Make $\frac{1}{2}$ turn L stepping RD back (4) 3:00
5-6 Make $\frac{1}{4}$ turn L stepping LF to L (5), Drag RF next to LF (6) 12:00
7&8 Kick RF fwd (7), Step on ball of RF next to LF (&), Step LF fwd (8) 12:00

PART B : 16 counts

[49 – 56] Ball Step, Hold, Shoulders Pop, Hitch Ball Point, Hold, Point, Hip Bumps

&1-2 Step RF fwd (&), Step LF next to RF (1), Hold (2)

On count 1: Put both of your hands on each side of your head 12:00

&3-4 Pop your shoulders up (&), Bring back down your shoulders (3), Hitch R knee fwd (4)

On count 4: Tap your R knee with both hands 12:00

&5-6 Step down on ball of RF (&), Point LF to L (5), Hold (6)

On count 5: Point down both index fingers, straight arms 12:00

&7&8 Step LF next to RF (&), Point RF to R (7), Push R hip up (&), Bring back R hip down (8)
12:00

[57 – 64] Sailor Step x2, Step, Hold, ½ turn, Hold

1&2 Cross RF behind LF (1), Step LF to L (&), Step RF to R (2) 12:00

3&4 Cross LF behind RF (3), Step RF to R (&), Step LF to L (4) 12:00

5-6 Step RF forward and raise your hands up (5), Hold (6) 12:00

7-8 Make ½ turn L stepping on LF and bring back your hands down (7), Hold (8) 6:00
