

# Head Up High

拍數: 32                      牆數: 2                      級數: Improver  
編舞者: Bonita Malone (USA) - July 2021  
音樂: Head Up High - FITZ & Fitz and The Tantrums



## #8 count introduction - 1 TAG, 2 RESTARTS

### (1 - 8) DOROTHY R, DOROTHY L, ROCK FWD, RECOVER, COASTER STEP

1,2&                      Step R diagonally fwd (1:30), Step L behind R (2), Step R fwd (&  
**Optional arms - R hand to chest with R elbow tilted down, L arm extended high diagonal**  
3,4&                      Step L diagonally fwd (10:30), step R behind L (4), step L fwd (&  
**Optional arms - L hand to chest with L elbow tilted down, R arm extended high diagonal**  
5,6                      Rock R fwd (5), recover L (6)  
**Optional arms - both hands to chest with elbows at shoulder height**  
7&8                      Step back on R (7), step L next to R (&), step R slightly fwd (8)  
**Optional arms - arms lower to sides**

### (9 - 16) STEP FWD, PIVOT ½ TO R, FWD L SHUFFLE, R CROSS FRT, BACK L ¼ TURN R, SIDE SHUFFLE

1,2                      Step L fwd (1), ½ pivot to R (2) [6:00]  
3&4                      Step L fwd (3), step R next to L (&), step L fwd (4)  
5,6                      Step R cross frt (5), step back on L making ¼ turn R (6) [9:00]  
7&8                      Step R side (7), step L next to R (&), step R side (8)

### RESTART HERE ON WALL 3 (FACING 6:00) - STEP CHANGE NEEDED

5-8                      Jazz box w/cross frt (R,L,R,L) [6:00]

### (17 - 24) STEP L CROSS FRT, STEP BACK R, ¼ TURN L SIDE SHUFFLE, R POINT CROSS FRT, POINT SIDE, STEP R CROSS FRT, STEP L SIDE

1,2                      Step L cross frt (1), step back on R making ¼ turn to L (2) [6:00]  
3&4                      Step L side (3), step R next to L (&), step L side (4)  
5,6                      Point R cross to L diagonal (5), point R side (6)  
**Optional arms - L hand to chest with L elbow high diagonal, R arm extended low diagonal (5)**  
**R hand to chest with R elbow tilted down, L arm extended (6)**  
7,8                      Step R cross frt (7), step L side (8)

### Optional arms - both hands to chest with elbows at shoulder height

### RESTART HERE ON WALL 7 (FACING 6:00) - STEP CHANGE NEEDED

7,8                      Rock back on R, recover L

### (25 - 32) R POINT CROSS FRT, POINT R SIDE, STEP R CROSS FRT, STEP L SIDE, SAILOR STEP, BEHIND SIDE CROSS FRT

1,2                      Point R to L diagonal (1), point R side (2)  
**Optional arms - L hand to chest with L elbow high diagonal, R arm extended low diagonal (1)**  
**R hand to chest with R elbow tilted down, L arm extended (2)**  
3,4                      Step R cross frt (3), step L side (4)  
**Optional arms - both hands to chest with elbows at shoulder height**  
5&6                      Step R behind (5), step L slightly side (&), step R side (6)  
**Optional arms - arms lower to sides**  
7&8                      Step L behind (7), step R side (&), step L cross frt (8)

### TAG facing 6:00 AFTER WALL 1

### (1-8) STEP R SIDE, HOLD, ROCK BACK, RECOVER, L ROCK SIDE, RECOVER, COASTER STEP

1,2                      Step R side (1), hold (2)  
3,4                      Rock back on L (3), recover on R (4)  
5,6                      Rock L side (5), recover on R (6)

7&8

Step L back (7), step R next to L (&), step L fwd (8)

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More and more dances are including arm movements, so I decided to follow the trend.  
Certainly feel free to omit arm movements or add your own.

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