

Heel Over Head

拍數: 64 牆數: 4 級數: Improver / Intermediate
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音樂: Heels Over Head - Carly Pearce



Intro : 32 Counts

Sequences : 64 – 64 – 16R – 64 – 64 - 32R – 64 - 48 (Final)

S1 SIDE, L POINT FWD, SIDE, R POINT FWD, R POINT TO R ,HOOK BACK, R POINT TO R ,TOUCH

1-2-3-4 RF to the R, L Point Fwd, LF to the L, R Point Fwd

5-6-7-8 R Point to the R, Cross RF behind L Leg, R Point to the R, Touch RF next to LF

S2 SIDE, TOGETHER, STEP FWD ,TOUCH, BACK RUN, HOOK

1-2-3-4 RF to the R, Together (weight on LF), RF Fwd, Touch LF next to RF

5-6-7-8 LF Back, RF Back, LF Back, Cross RF over L Leg - RESTART 1 (facing 6:00) at 3rd Wall

S3 DIAGONALLY STEP, TOUCH BEHIND, DIAGONALLY BACK, HOOK, DIAGONALLY STEP LOCK STEP, SCUFF

1-2-3-4 RF Diagonally Fwd R, Touch LF Behind RF, LF Diagonally Back L, Cross RF Over L Leg

5-6-7-8 RF Diagonally Fwd R, Cross LF behind RF, RF Diagonally Fwd R, Scuff LF

S4 VINE ¼ TURN L , SCUFF, CROSS TOE STRUT, BACK TOE STRUT

1-2-3-4 LF to the L, Cross RF Behind LF, ¼ Turn L – LF Fwd (9:00) , Scuff RF

5-6-7-8 Cross R Point Over LF, Heel Down, L Point Back, Heel Down - RESTART 2 (Facing 9:00) at 6th Wall

S5 R POINT TO R, TOUCH , R POINT TO R, ¼ TURN HOOK, STEP LOCK STEP, SCUFF

1-2-3-4 R Point to the R, Touch R next to LF, R Point to the R, ¼ Turn R – Cross RF over L Leg (12:00)

5-6-7-8 RF Fwd, Cross LF behind RF, RF Fwd, Scuff

S6 CROSS, BACK ,BACK, CROSS, BACK, ¼ TURN R- OUT OUT , TOUCH

1-2-3-4 Cross LF Over RF, RF Back, LF Back, Cross RF over LF

5-6-7-8 LF Back, ¼ Turn R – RF to the R (3:00) , LF to the L, Touch RF next to LF

S7 ROLLING VINE, TOUCH, VINE TO L, SCUFF

1-2-3-4 ¼ Turn R – RF Fwd, ½ Turn R - LF Back, ¼ Turn R - RF to the R, Touch LF next to RF

5-6-7-8 LF to the L, Cross RF Behind LF, LF to the L, Scuff (3:00)

S8 ROCKING CHAIR, STEP ½ TURN, L FULL TURN *

1-2-3-4 RF Fwd, Recover on LF, RF Back, Recover on LF

5-6-7-8 RF Fwd, ½ Turn L, ½ Turn L – RF Back, ½ Turn L – LF Fwd (9:00) * Option : Stomp RF Fwd , Stomp LF Fwd

Final: To finish at 12:00 Replace the Rolling Vine, with ¼ Turn to the R - Full Turn .

DanseZ & Amusez-vous !!!!

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