

# Tilt-a-Whirl (Head Over Heels)

**COPPER** KNOB  
STEPSHEETS

拍數: 32      牆數: 4      級數: Improver  
編舞者: Elisabeth Hundsnes (NOR) - April 2024  
音樂: Head Over Heels - Restless Road



No tags, one restart

Intro: 16 counts

## Section 1: Rock R, weave to left, rock L, sailor step ¼ turn

- 1-2      Rock RF to right, recover weight on LF
- 3-4      Cross RF behind LF, step LF beside RF, cross RF in front of LF
- 5-6      Rock LF to left, recover weight on RF
- 7&8      Step L behind RF ¼ turn, step RF beside LF, step LF forward

## Section 2 Camel walks, step with swivel ¼ turn, rock L, step back, toe tap

- 1-2      Scoot forward into RF forward while popping L knee, scoot forward LF while popping R knee
- 3&4      Step RF to right, swivel both heels to the left, swivel both heels to right ¼ turn
- 5-6      Rock LF to left, recover weight on RF
- 7-8      Step back on LF, tap R toe in front of LF

## Section 3 walk, walk, heel swivel, rock, chasse ½ turn

- 1-2      Walk forward on RF, walk forward on LF
- 3&4      Step RF forward, swivel both heels to the right, swivel both heels back to centre
- 5-6      Rock forward on LF, recover weight RF
- 7&8      Step back on LF, step RF beside LF, ½ turn over L shoulder stepping LF forward

## Section 4: walk, walk, heel switches, heel grind ¼ turn, toe tap

- 1-2      Walk forward on RF, walk forward on LF
- 3&4&      Tap R heel, return, tap L heel, return (restart wall 5)
- 5-6      Step on R heel, ¼ turn over R shoulder while standing on R heel and step LF back
- 7&8      Step back on RF, tap L toe in front of RF, step LF forward

Restart: Wall 5

Last Update: 20 Apr 2024