

# Tilt-a-Whirl (Head Over Heels)

COPPERKNOB  
BY STEPHENETS

拍數: 32      牆數: 4      級數: Improver  
編舞者: Elisabeth Hundsnæs (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

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