

# Over Heels

拍數: 48      牆數: 2      級數: Phrased Improver / Intermediate  
編舞者: Carmen Fivian (CH) - June 2024  
音樂: Head Over Heels (Sped Up Version) - Gun Boi Kaz



Sequence as follows: A restart A, BB, CC step change, A restart A, BB, CC, restart, BB, CC

## A Sequence: 16c

### Walk, Walk, Side rock cross, Back, Back, Coaster Cross

1-2            RF Step forward, LF Step forward  
3&4           RF side Step, RF crossover LF  
5-6           LF Step back, RF Step back  
7&8           LF Step back, RF next to LF, LF Cross in front

### Side behinde, Syncopated Grapevine, Back Rock, Step turn ¼ cross, Coaster Step

1-2            RF Step right side, LF Step behind RF  
3&4           RF Step right side, LF Crossover RF, RF Step right side  
&5&6        LF Rock back, recover RF, LF Step Turn ¼, recover RF (3:00)  
&7&8        LF Crossover RF, RF Step back, LF next to RF, RF Step

## B Sequence: 16c

### Step turn ¼, Cross Rock, Side Rock, Step, Sweep, Cross Rock, Side Rock

1-2            LF Step forward, ¼ turn (9:00)  
3&4           LF Crossover RF, LF Step left side  
&5-6        LF Step Crossover RF, RF Sweep  
7&8&        RF Crossover LF, RF Step right side

### Cross Step, Touch, Lock Shuffle back, Coaster Step, Point Touch, Heel Hock

1-2            RF Step cross, LF Touch behind RF  
3&4           LF Step diagonal back, RF Step back in front LF, LF Step diagonal back  
5-6           RF Step back, LF next to RF, RF small Step forward  
7&8&        LF side Point, LF Touch next to RF, LF Heel in Front, LF Hock

## C Sequence: 16c

### Sailor Turn ¼, Scuff, RF Lock Shuffle, LF Lock Shuffle, Scuff, RF Step, LF Touch, Step, RF Kick

1&2&        LF Sailor turn ¼, RF Scuff (9:00)  
3&4&        RF Step diagonal forward, LF Step behind RF, RF Step diagonal forward, LF Scuff  
5&6&        LF Step diagonal forward, RF Step behind LF, LF Step diagonal forward, RF Scuff  
7&8&        RF Step in front, LF Touch behind RF, LF Step back, RF Kick

### RF Lock Shuffle back, LF Lock Shuffle back, Shuffle turn ½, Step turn ½, Step together, Step

1&2           RF Step diagonal back, LF Step in front RF, RF Step diagonal back  
3&4           LF Step diagonal back, RF Step in front LF, LF Step diagonal back  
5&6           RF Step ¼ turn, LF together to RF, RF Step ¼ turn  
7&8&        LF Step ½ turn, recover RF, LF Step next to RF, RF Step

## Restart:

### Restart A Sequence in second part:

&7&           LF Crossover RF, RF Step back, LF next to RF, restart (3:00)

### Step change C Sequence in second part:

7&8&        LF Step ½ turn, recover RF, LF Step next to RF, RF touch (6:00)

**Restart C Sequence to B Sequence:**

5&6                RF Step  $\frac{1}{4}$  turn, LF together to RF, RF Step  $\frac{1}{4}$  turn

7-8                Step forward, LF  $\frac{1}{2}$  Turn (12:00 to 3:00)

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