

Head Over Heels

拍數: 56 牆數: 2 級數: Improver
編舞者: Andrew Palmer (UK), Simon Cox (UK) & Sheila Palmer (UK)
音樂: Head Over Heels - ABBA



WALK, WALK, KICK-BALL-CHANGE, PIVOT ½, KICK-BALL-CHANGE

1-2 Step right forward, step left forward
3&4 Right kick ball change
5-6 Step right forward, turn ½ left (weight to left, 6:00)
7&8 Right kick ball change

ROCK, RECOVER, COASTER-STEP, TOE-STRUT, TOE-STRUT

1-2 Rock right forward, recover to left
3&4 Coaster step right, left, right
5-6 Step left toe forward, drop left heel
7-8 Step right toe forward, drop right heel

ROCK, RECOVER, SHUFFLE ½, PIVOT ¼, CROSS-SHUFFLE

1-2 Rock left forward, recover to right
3&4 Triple in place turning ½ left and step left, right, left (12:00)
5-6 Step right forward, turn ¼ left (weight to left, 9:00)
7&8 Crossing shuffle right, left, right

ROCK, RECOVER, WEAVE, ROCK, RECOVER, WEAVE

1-2 Rock left to side, recover to right
3&4 Cross left behind right, step right to side, cross left over right
5-6 Rock right to side, recover to left
7&8 Cross right behind left, step left to side, cross right over left

MAMBO, MAMBO, ROCK, RECOVER, SHUFFLE ½

1&2 Rock left to side, recover to right, step left in place
3&4 Rock right to side, recover to left, step right in place
5-6 Rock left forward, recover to right
7&8 Triple in lace turning ½ left and step left, right, left (3:00)

ROCK, RECOVER, SHUFFLE ½, PIVOT ½, KICK-BALL-CHANGE

1-2 Rock right forward, recover to left
3&4 Triple in place turning ½ right and step right, left, right (9:00)
5-6 Step left forward, turn ½ right (weight to right, 3:00)
7&8 Left kick ball change

PIVOT ¼, KICK-BALL-CHANGE, ROCK, RECOVER, COASTER-STEP

1-2 Step left forward, turn ¼ right (weight to right, 6:00)
3&4 Left kick ball change
5-6 Rock left forward, recover to right
7&8 Coaster step left, right, left

REPEAT

RESTART

Facing back wall on wall 3, dance up to count 14 (left toe-heel strut), then add:
15-16 Step right forward, turn ½ left (weight to left, 12:00)

Then start dance again

Facing front wall on wall 6, dance up to count 4 (right kick-ball-change), then add:

5-8 Step right forward, turn ½ left (weight to left, 6:00), step right forward, turn ½ left (weight to left, 12:00)

Then start dance again
