

# 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**

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