

Head Over Heels

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Michele Perron (CAN)
音樂: The Big One - George Strait



FORWARD, BACK, SLIDE, STOMP; TOUCH, STEP, KICK, STEP

- 1 Left forward stomp (down) in lunge action: (arms optional: left arm swings forward at waist level, right arm bends back and up to right shoulder)
- 2 Right step back
- 3 Left slide back
- 4 Left stomp (down) beside right
- 5 Right touch beside left instep with 'twist in' of knee (face 10:30)
- 6 Right step beside left
- 7 Left flick - kick (left toe/ball brushes back) with 'twist in' of knee (face 2:00)
- 8 Left step slightly forward

CROSS-STEP, CROSS-STEP, HIP ROCKS: TWICE

- 9& Right step across front of left, left toe/ball step beside right
- 10& Repeat 9&
- 11 Right step slightly forward
- 12 Left rock/back (keeping left close behind right)
- 13 Hips rock/forward, onto right & left toe/balls (arms: swing/pull both backwards, relaxed fists, elbows bent)
- 14 Hips rock/back & heels come down (arms: swing forward to waist level)
- 15 Repeat count 13
- 16 Hips rock/back slightly to center, lowering right heel only (weight on right) while left heel remains raised (arms repeat)

TOUCH, WRAP, TURN, STEP; HEEL, STEP TOUCH, STEP

- 17 Left touch to left side
- 18 Wrap left foot behind right ankle/heel (left toe/ball against right side of right heel)
- 19 Execute $\frac{1}{4}$ turn left, pivoting on right toe/ball
- 20 Left step behind right and bend with relaxed knees
- 21 Right heel touch in front of left and straighten knees
- 22 Right step in place and bend with relaxed knees
- 23 Left tap behind and straighten knees
- 24 Left step in place and bend with relaxed knees

TWISTS; LEFT, HOLD, RIGHT, HOLD, SIDE, TOGETHER, RIGHT & RIGHT

- 25 Turn $\frac{1}{2}$ to left 'twisting' on both toe/balls right, left, knees are bent
- 26 Hold and straighten knees
- 27 Turn $\frac{1}{2}$ to right 'twisting' on both toe/balls right, left; knees are bent
- 28 Hold and straighten knees
- 29 Right step to right side and execute $\frac{1}{4}$ turn left
- 30 Left step beside right
- 31 Right step across front of left, diagonally left forward
- & Left toe/ball beside right
- 32 Right step across front of left, diagonally left forward

REPEAT

