

Head Over Heels

拍數: 0 牆數: 2 級數: Intermediate
編舞者: Tessa Lane (UK)
音樂: Whenever, Wherever - Shakira



Sequence: AB, AB, Tag, AB, AB, A, Tag, AAB

SECTION A

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|--------|--|
| 1-2 | Rock back on right foot, recover weight onto left |
| 3&4 | Forward shuffle (right-left-right) |
| 5-6 | Rock forward on left foot, recover weight onto right |
| 7&8 | Backward shuffle (left-right-left) |
| | |
| 9-10 | Rock right foot out to side, recover weight onto left foot |
| 11&12 | Cross shuffle (right-left-right) |
| 13-14 | Rock left foot out to side, recover weight onto right foot making ¼ turn to the right |
| 15&16 | ¾ turn shuffle left-right-left |
| | |
| &17&18 | Step to right with right foot, present left heel to left side (keep weight on right), step weight onto left foot and cross right foot in front of left (weight on right) |
| &19-20 | Step left foot to left side, point right toe to right side, bring right leg in so knee is slightly across body |
| 21&22 | ¼ turn shuffle right-left-right |
| 23-24 | Pivot half turn (left-right) |
| | |
| &25&26 | Step to left with left foot, present right heel to right side (keep weight on left), step weight onto right foot and cross left foot in front of right (weight on left) |
| &27-28 | Step right foot to right side, point left toe to left side, bring left leg in so knee is slightly across body |
| 29&30 | ¼ turn shuffle, left-right-left |
| 31-32 | Pivot half turn (right-left) |

SECTION B

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|-------|--|
| 1&2 | Diagonal forward shuffle towards right hand corner (right-left-right) |
| 3-4 | Rock forward on left foot, recover weight onto right |
| 5&6 | Half turn shuffle into opposite corner (left-right-left) |
| 7-8 | Bring right foot across and make a ¾ turn (again facing diagonal) |
| | |
| 9&10 | Forward shuffle towards corner (right-left-right) |
| 11-12 | Rock forward on left foot, recover weight onto right |
| 13&14 | Half turn shuffle into opposite corner (left-right-left) |
| 15-16 | Bring right foot across and make just over a ¾ turn (so facing flat wall not diagonal) |

TAG

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|-----|--|
| 1&2 | Rock right foot in front of left, rock left foot out to side, replace weight on right foot |
| 3&4 | Rock left foot in front of right, rock right foot out to side, replace weight on left foot |