

Heads Or Tails

COPPER KNOB
BY STEPHENETS

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Karen Jennings (AUS)
音樂: Heads Carolina, Tails California - Jo Dee Messina



SIDE ROCK, REPLACE, BEHIND SIDE CROSS, SIDE ROCK REPLACE, BACK COASTER

- 1-2-3&4 Side rock right to right, replace weight on left, step right behind left, step left to left, cross/step right over left
5-6-7&8 Side rock left to left, replace weight on right, step left back, step right together beside left, step left forward (12:00)

STEP, PIVOT ½, SIDE SHUFFLE, ROCK BACK, REPLACE, KICK BALL STEP

- 1-2-3&4 Step forward on right, pivot ½ turn left (end weight on left), side shuffle to right stepping right to right side, step left beside right, step right to right side
5-6-7&8 Rock back left, replace weight on right, kick left forward, step left beside right, step right forward (6:00)

STEP, PIVOT ¼, CROSS SHUFFLE, STEP BACK ¼, STEP SIDE ¼, CROSS SHUFFLE

- 1-2-3&4 Step left forward, pivot ¼ turn right (end weight on right), cross shuffle right stepping cross/step left over right, step right to right, cross/step left over right (9:00)
5-6-7&8 Step back on right ¼ turn over left, step left to left side turning ¼ turn over left, cross shuffle left stepping cross/step right over left, step left to left, cross/step right over left (3:00)

SIDE ROCK, REPLACE, LEFT SAILOR, RIGHT SAILOR, TOUCH BEHIND, ¾ UNWIND

- 1-2-3&4 Side rock left to left, replace weight on right, cross/step left behind right, rock right to right side, rock weight to center on left
5&6-7-8 Cross/step right behind left, rock left to left side, rock weight to center on right, touch left toe behind right, unwind ¾ over left finishing with weight on left (6:00)

Restart from here on wall 5

STEP FORWARD RIGHT 45 DEGREES, DRAG, SHUFFLE FORWARD LEFT 45 DEGREES, STEP ACROSS, STEP BACK, BACK COASTER

- 1-2&3-4 Step right forward to right 45 degrees, drag left to meet right but do not take weight, shuffle forward to left 45 degrees stepping left forward 45 degrees, step right beside left, step left forward 45 degrees
5-6-7&8 Cross/step right over left, step back on left, step back on right, step left beside right, step right forward (6:00)

SIDE ROCK, REPLACE ½ HINGE, SIDE SHUFFLE, STEP ACROSS, STEP BACK ¼, SIDE SHUFFLE ¼

- 1-2-3&4 Rock left to left, replace weight on right & hinge ½ over left, side shuffle to left stepping left to left side, step right beside left, step left to left side (12:00)
5-6-7&8 Step right over left, step back on left ¼ turn over right, turn further ¼ turn over right to side, shuffle right stepping right to right side, step left beside right, step right to right side (6:00)

STEP SIDE, BALL STEP, STEP ACROSS, STEP FORWARD ¼, STEP FORWARD, PIVOT ¾, SIDE SHUFFLE

- 1-2&3-4 Step left to left, step on right ball behind left, step left to left, cross/step right over left, step left forward ¼ turn over left (3:00)
5-6-7&8 Step right forward, pivot ¾ turn over left (end weight on left), side shuffle right stepping right to right side, step left beside right, step right to right side (6:00)

STEP, PIVOT ½, STEP, PIVOT ½, ROCK FORWARD, REPLACE, SIDE ROCK, BALL CROSS

1-2-3-4 Step left forward, pivot ½ turn over right (end weight on right), step left forward, pivot ½ turn over right (end weight on right) (6:00)

For a neat ending, insert alternate steps here as shown below

5-6-7&8 Rock left forward, replace weight on right, rock left to left side, step right ball to center, cross/step left over right (6:00)

REPEAT

TAG

At end of wall 4, add the following 16 counts

HEEL, BALL CROSS, HEEL, BALL CROSS, SIDE ROCK, REPLACE, BEHIND SIDE CROSS

1&2-3&4 Touch right heel forward at 45 degrees, step back on right ball, cross/step left over right, touch right heel forward at 45 degrees, step back on right ball, cross/step left over right

5-6-7&8 Rock right to right side, replace weight on left, step right behind left, step left to left side, cross/step right over left

HEEL, BALL CROSS, HEEL, BALL CROSS, SIDE ROCK, REPLACE, BEHIND SIDE CROSS

1&2-3&4 Touch left heel forward at 45 degrees, step back on left ball, cross/step right over left, touch left heel forward at 45 degrees, step back on left ball, cross/step right over left

5-6-7&8 Rock left to left side, replace weight on right, step left behind right, step right to right side, cross/step left over right

RESTART

On wall 5, dance first 32 counts, then start dance again. This is the wall that follows the tag

FINISH

Dance to count 60, then add following to finish at front

ROCK FORWARD, REPLACE, ½ SHUFFLE

1-2-3&4 Rock forward on left, replace weight on right turning ½ turn over left shuffle forward stepping left forward, step right beside left, step left forward

Thank you Michael Vera-Lobos and Kerry Kerr for allowing me to choreograph an alternative dance to this great piece of music
