

Heads Up

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Vivienne Scott (CAN)
音樂: Can't Get You Out of My Head - Kylie Minogue



SYNCOPATED HEEL SWITCHES, STEP-DRAG FORWARD, KICK BALL CHANGE, BODY ROLL BACK

1& Touch right heel forward, step right beside left
2& Touch left heel forward, step left beside right
3-4 Step forward right, step-drag left beside right (weight on left)
5&6 Kick right foot forward, step back on ball of right foot, step left beside right (weight on left)
7-8 Body roll stepping back on right, step-drag left beside right, at the same time roll hands up
 from waist finishing with palms front at shoulder height (weight on left)

Easier alternative for counts 7-8: step back right, step-drag left beside right

SIDE SHUFFLE RIGHT, ROCK BACK, SIDE SHUFFLE LEFT WITH ¼ TURN RIGHT, ROCK BACK

9&10 Step side right, close left beside right, step side right
11-12 Rock left behind right, recover on right
13&14 Step side left, close right beside left, step side with ¼ turn right
15-16 Rock right, recover on left

TWO PIVOT ½ TURNS, RIGHT SHUFFLE FORWARD, TURNING COASTER

17-18 Step forward right, ½ turn pivot left
19-20 Step forward right, ½ turn pivot left
21&22 Step forward right, close left beside right, step forward right
23&24 Step forward left making ½ turn right on ball of right foot, step right beside left, step forward
 left

STEP SIDE RIGHT, POINT LEFT ACROSS RIGHT, STEP SIDE LEFT, TOUCH RIGHT BESIDE LEFT, SYNCOPATED SIDE TOUCHES & HEEL POP WITH ¼ TURN LEFT

25-26 Step side right, point left across right
27-28 Step side left, touch right beside left
29&30 Touch right toe to right side, step right beside left, touch left toe to left side
&31 Step down on left foot with ¼ turn left, touch right toe to right side
&32& Step right behind left, touch left heel forward, step left beside right

REPEAT
