

Head Games

拍數: 32 牆數: 4 級數: Improver
編舞者: Jace Andrus (USA) - February 2007
音樂: Get'cha Head in the Game - B5



LUNGE LEFT-LUNGE FORWARD RIGHT-LUNGE FORWARD LEFT

- 1-2 Lunge right to right, bringing fists to chest elbows out to sides-step right next to left, pulling fists to waist
- 3-4 Lunge left to left, bringing fists to chest elbows out to sides-step left next to right, pulling fists to waist
- 5-6 Lunge forward right as you turn $\frac{1}{4}$ left, punching right fist down-turn $\frac{1}{4}$ right as you step right next to left, pulling right fist to waist
- 7-8 Lunge forward left as you turn $\frac{1}{4}$ right, punching left fist down-turn $\frac{1}{4}$ left as you step left next to right, pulling left fist to waist

JUMP OUT-UP-DOWN-STEP RIGHT- $\frac{1}{2}$ PIVOT-STEP RIGHT- $\frac{1}{2}$ PIVOT-STEP OUT RIGHT-KNEE POP

- 1&2 Jump both feet out shoulder width-jump up crossing ankles-land down with feet apart
- Alternative steps:
- 1&2 Jump both feet out shoulder width-lift right foot to left knee-touch right foot out to right
- 3-4 Step forward right-pivot $\frac{1}{2}$ turn left
- 5-6 Step forward right-pivot $\frac{1}{2}$ turn left
- 7&8 Step right next to left-pop both knees out lifting heels-pop both knees back dropping heels down

BACK RIGHT-LEFT-RIGHT-LEFT TOUCH -STEP LEFT-LOCK RIGHT-STEP LEFT-LOCK RIGHT-STEP LEFT-LOCK RIGHT-STEP LEFT

- 1-2 Step back right, leaning back with right shoulder-step back left, leaning back with left shoulder
- 3&4 Step back right, leaning back with right shoulder -touch left next to right and look left
- 5& Step forward left-lock right behind left
- 6& Step forward left-lock right behind left
- 7& Step forward left-lock right behind left
- 8 Step forward left

STEP RIGHT $\frac{1}{2}$ PIVOT-STEP TOGETHER RIGHT-ARMS UP-DOWN-BIG $\frac{1}{4}$ STEP LEFT-SKATE RIGHT-SKATE LEFT

- 1-2 Step forward on right-pivot $\frac{1}{2}$ turn left
- 3 Step right next to left as you fold arms with right hand on left elbow and left hand on right elbow (kinda like Indian style)
- & Keeping upper arms in place lift hands and upper arms and slap the back of your hands together
- 4 Bring hands back down to Indian style position like count 3
- 5-6 Take a large step forward left turning $\frac{1}{4}$ right-touch right next to left
- 7-8 Skate right forward-skate left forward

REPEAT

FOR A FUN ADD ON: On wall 7 replace counts 1-4 on the 2nd set of 8 (in the music it will sound like a sprinkler) with: put your right arm out and the left behind your head and do the sprinkler with your arms as you turn $\frac{1}{2}$ left. Continue dance from that point beginning with count 5-6 of the 2nd set of 8