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| Hold Your Head Up High |  |

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| **Count:** | 32 | **Wall:** | 4 | **Level:** | Beginner / Improver | . |
| **Choreographer:** | Lynn Card (USA) & Keira Card - September 2017 |
| **Music:** | Gold - Britt Nicole |
| . |

**Intro: 16 counts**

**TOE, HEEL, STOMP, TOE, HEEL, STOMP, KNEE POPS**

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| --- | --- |
| 1&2,3&4 | Touch R toe(home/next to L), Scuff R heel, Stomp R forward, Touch L toe next to R, Scuff L heel, Stomp L forward |

**(Hint: Stomp the ball of L keeping weight on R and you will then shift the weight to L with your first R knee pop)**

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| --- | --- |
| 5,6,7&8 | Bend/pop R knee forward, Bring R knee back and bend/pop L knee forward, Repeat pop R knee forward, Pop L knee forward, Pop R knee forward(weight on L) |

**ROCK STEP, RECOVER, COASTER STEP, ROCK STEP, RECOVER, COASTER STEP**

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| --- | --- |
| 1,2,3&4 | Rock R forward, Recover L, Step R back, Step L back, Step R forward |

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| --- | --- |
| 5,6,7&8 | Rock L forward, Recover R, Step L back, Step R back, Step L forward |

**Restart here in Wall 4 after 16 counts facing 6:00**

**SIDE STEP ¼ TURN, TOUCH, SIDE STEP, TOUCH, KICK & POINT, KICK & POINT**

|  |  |
| --- | --- |
| 1,2,3,4 | Big step R to right side turning ¼ to right, Touch L next to R, Step L to left, Touch R next to L (3:00) |

**(Optional: Arms bent in front of your chest, pull/point R elbow to right on 1 as you step/turn; pull/point L elbow on 3 to the left)**

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| --- | --- |
| 5&6,7&8 | Kick R forward, Recover R home, Point L to left side, Kick L forward, Recover L home, Point R to right side |

**(Optional: Kick, then “cross” over on ball step for more hip hop style)**

**FORWARD ROCK, RECOVER, BALL STEP, FORWARD ROCK, RECOVER, BALL STEP, OUT OUT FORWARD, SWIVEL HEELS/TOES/HEELS**

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| --- | --- |
| 1,2&3,4 | Rock R forward, Recover L, Ball step R, Rock L forward, Recover R |

|  |  |
| --- | --- |
| &5,6,7&8 | Ball step L next to R, Step R slightly forward to right, Step L slightly Forward to left(shoulder width), Swivel heels in, Swivel toes in. Swivel heels in |

**(weight slightly more on L to Restart the dance)**

**Congratulations to my talented daughter for choreographing her very first line dance at just 9 years old, with just a little help from mama!!!**

**So proud of you, Keira. Love, Mom**

**Contact: lynncard28@gmail.com**