

# Hold your Head High

**COPPER KNOB**  
SYNCHRONISTIC

Count: 32

Wall: 4

Level: Improver

Choreographer: Shelly Guichard (UK) & Conor McVeigh (UK) - August 2017

Music: Sam Feldt & Deepend ft. Teemu – Runaways - iTunes: 3:00 mins.



#16 count introduction

Easy Restart during wall 6 at the end of section 1

## Section 1: Step right together, shuffle forward, rock recover, sailor ¼ left

- 1-2 Step right to right side, Step left next to right
- 3&4 Shuffle forward: right, left, right
- 5-6 Rock left forward, Recover weight onto right
- 7&8 Making ¼ turn left step right back, Step right to right side, Step left next to right (9 O'Clock)

\*\* Restart here during wall 6\*\*

## Section 2: Cross, 1/4 turn, back touch, shuffle 1/4 left, rock recover

- 1,2 Cross right over left, turn ¼ right stepping back left
- 3-4 Step back on right, touch left toe in front of right foot
- 5&6 Shuffle 1/4 left: left, right, left
- 7-8 Rock fwd right recover left (9 O'Clock)

## Section 3: Shuffle back, Shuffle ½, Rock recover, Shuffle half

- 1&2 Shuffle back: Right, Left, Right
- 3&4 Stepping back on the left foot make a half turn shuffle: Left, Right, Left
- 5,6 Rock right forward, recover weight onto left
- 7&8 Stepping back on the right foot make a half turn shuffle: Right, Left, Right (9 O'Clock)

## Section 4: Step, pivot ½ half right, Kick ball step, rock recover, left coaster step

- 1,2 Step forward left, Make ½ turn stepping on right
  - 3&4 Kick left foot forward, Step down on left foot, step right next to left
  - 5,6 Rock left forward, recover weight onto right
  - 7&8 Step left back, Step right back, Step forward left (3 O'Clock)
-