## Hold Your Head Up High

拍数： 32
壇数： 4
级数：Beginner／Improver
编舞者：Lynn Card（USA）\＆Keira Card－September 2017
音乐：Gold－Britt Nicole

Intro： 16 counts
TOE，HEEL，STOMP，TOE，HEEL，STOMP，KNEE POPS
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）
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
1，2，3\＆4 Rock R forward，Recover L，Step R back，Step L back，Step R forward
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 $1 ⁄ 4$ TURN，TOUCH，SIDE STEP，TOUCH，KICK \＆POINT，KICK \＆POINT
$1,2,3,4 \quad$ Big step $R$ to right side turning $1 / 4$ 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）
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
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

