Head Over Feet



拍数: 64 墙数: 2 级数: Intermediate

编舞者: Maddison Glover (AUS) - April 2025

音乐: Maybe - Guy Sebastian



Intro: 32 Counts (approx.16 seconds) on lyrics. NO TAGS. NO RESTARTS. YOU'RE WELCOME!

Step to Side with Hip	Bump, Hold	. Hip Bump, F	Hold. 1/2 Turn.	1/8 Back Rock/Recover
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1,2,3,4	Step R to R side as you push R hip out to R side, hold, push L hip out to L side, hold
5,6	Make ¼ turn R as you step R slightly fwd (3:00), make ¼ turn R stepping L to L side (6:00)

7,8 Make 1/8 turn R as you rock R back (7:30), recover weight fwd onto L

Large Step with Drag (x2), Rock Forward/ Recover, 1/8 Turning Coaster Cross

1,2	Take large step fwd on R as you drag L fwd towards R, continue to drag for count 2
3,4	Take large step fwd on L as you drag R fwd towards L, continue to drag for count 4

5,6 Rock R fwd, recover back onto L (still facing 7:30)

7&8 Step R back, make 1/8 turn L as you step L to L side (6:00), cross R over L

Side, Hold, Together, Side, Touch, 1/2 Turn, Cross Behind, Hold

1,2&3,4	Step L to L side, hold, step R together, step L to L side, touch R beside L
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5,6 Make ¼ turn R stepping R fwd (9:00), Make ¼ turn R stepping L to L side (12:00)

7,8 Cross R behind L, hold

Side, Cross, Hold, Side Rock/Recover, Cross Over, Side, Turning 1/8 Sailor

&1,2	Step L to L side, cross R over L, hold
α ι, ∠	Step L to L Side, Closs R over L, Hold

3,4,5,6 Rock L out to L side, recover weight onto R, cross L over R, step R to R side

7&8 Make 1/8 turn L as you sweep/ cross L behind R, step R slightly to R, step L slightly fwd

(10:30)

Forward with Sweep, Forward with Sweep, Rock Forward/ Recover, Full Turn Back

1,2	Step R fwd as you start to sweep L from back to front, continue sweeping L for count 2 (10:30)
3,4	Step L fwd as you start to sweep L from back to front, continue sweeping R for count 4
5,6	Rock R fwd, recover weight onto L
7,8	Make ½ turn R stepping R fwd (4:30), make ½ turn R stepping L back (10:30)

Back with Sweep, Back with Sweep, Back Rock/Recover, 1/8 Forward, Lock Behind

1,2	Step R back as you start to sweep L from front to back, continue sweeping L for count 2 (10:30)
3,4	Step L back as you start to sweep L from back to front, continue sweeping R for count 4
5,6	Rock R back, recover forward onto L (10:30)
7,8	Make 1/8 L as you step R fwd into R diagonal, lock L behind R (9:00)

Forward, Forward, Lock Behind, Forward, Pivot ½, Forward, Hold

1,2	Step R fwd into R diagonal, step L into L diagonal
3,4	Lock R behind L, step L into L diagonal
5,6	Step R fwd, pivot ½ turn over L (3:00)
7,8	Step R fwd, hold

Shuffle Forward, Rock Forward/ Recover, 1 1/4 Turn, Cross

1&2	Step L fwd, step R together, step L fwd
3,4	Rock R fwd, recover back onto L

- 5,6 Make ½ turn R stepping R fwd (9:00), make ½ turn R stepping L back (3:00)
- 7,8 Make 1/4 turn R stepping R to R side (6:00), cross L over R

Non turning option: Make 1/4 R stepping R to R (5), cross L over R (6), step R to R (7), cross L over R (8)

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