

# Tilt Ya Head

**COPPER** KNOB  
STEPSHEETS

拍数: 32      墙数: 4      级数: Intermediate/Advanced  
编舞者: Alice Lim (SG)  
音乐: Tilt Ya Head Back (feat. Christina Aguilera) - Nelly



## **JUMP, KICK, ROCK-REPLACE-STEP, CROSS, ¼ TURN, TAP, ½ TURN**

- 1-2      With legs together jump slightly back, kick left diagonally forward (towards right corner of wall)  
3&4      Rock left to side, replace on right, step left in front of right  
5-6      Cross right over left bending knees, ¼ turn right stepping back on left leg while straightening up

### **Arms:**

**On count 5, punch both fists down with arms crossed in front of legs**

**On count 6, return arms to sides**

- 7-8      Tap right back, ½ turn right stepping forward (9:00)

## **FORWARD, ¾ TURN, STEP, STAMP, FORWARD-KICK-½ TURN & FLICK, BUMP & BUMP**

- 1-2      Step left forward, ¾ turn right (6:00)  
3-4      Step left to side, stamp right beside left

### **Arms:**

**On count 3, move right hand from left side of head to back & at same time move left hand from right side to back as if combing hair with both hands from sides to back (action only - don't touch hair), then move both arms with clenched fists to front of chest so that both lower arms are in horizontal position & right arm is above left. On count 4, pull fists apart pushing elbows out (as if knocking people away with the elbows)**

- 5&6      Step forward on left, kick right forward, pivot ½ turn left while flicking right leg back  
7-8      Step right to side & bump hips to right twice (12:00)

## **¼ TURN, ¼ TURN, 1/8 TURN & PUMP & PUMP, ¼ TURN & PUMP & PUMP, KICK-TURN-SIDE**

- 1-2      ¼ turn left stepping forward, ¼ turn left stepping right to side so that legs are slightly apart (6:00)  
&      Pivot 1/8 turn to face left corner of wall raising right heel & bending right knee (weight on left), and at same time raise right lower arm with clenched fist to horizontal position (get ready for pumping)  
3      Push hips back straightening right knee while pumping right fist down  
&      Bend right knee again & at same time raise right arm & fist to horizontal position (get ready to pump again)  
4      Push hips back & pump fist down but this time step down on heel so as to transfer weight to right as you straighten the knee  
&      Pivot ¼ right to face right corner of wall raising left heel & bending left knee (weight on right)  
5&6      Repeat 3&4 (pump & pump) but with left leg & left fist  
7&8      Kick right towards corner of wall, step right to side making 1/8 turn right to face wall directly (9:00), step left to side so that legs are slightly apart

## **TOUCH, STEP, HIP BUMPS & SHOULDER POPS, SIDE, TOUCH BEHIND, ¼ TURN, ¾ TURN STEP TOGETHER**

- 1-2      Touch right beside left popping right knee in, step down on right popping left knee forward

### **Arms:**

**On count 1, push right side of head with right fingers to tilt head towards left shoulder**

**On count 2, lower right arm while popping up left shoulder**

- 3&4      Bump hips left, right, left while popping shoulders up-down-up starting with right shoulder up  
5-6      Step right to side, touch left behind right

### **Arms:**

**On count 6, push left hand to right side moving left lower arm horizontally across stomach**

7&8       $\frac{1}{4}$  turn left stepping forward, spin on left leg  $\frac{3}{4}$  turn left, step right together (weight on both)  
(9:00)

**REPEAT**

---