

Head Held High

拍數: 64 牆數: 3 級數: Intermediate
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音樂: Head Held High - SERA



Intro : 16 counts

S1. Rock Forward, Recover - Sweep, Behind, Step ¼ Turn L, Step Forward, Step ½ Turn R, Step Back ½ Turn R, ¼ Turn R, Cross

1-2 RF rock forward, Recover on LF and RF sweep back
3&4 RF cross behind LF, ¼ turn LF step forward, RF step forward
5-6 LF step forward, Turn ½ turn R
7&8 ½ turn R LF step back, ¼ turn R RF step R, LF cross over RF (12:00)

S2. Sway RL, Full Turn R, Diagonal Forward Turning 3/8 turn R Raising Hands and Tapping RF

1-2 RF step R and sway R, LF step L and sway L
3&4 ¼ turn R RF step forward, ½ turn R LF step back, ¼ turn R RF step R (12:00)
5-8 1/8 turn diagonal R LF step forward (5) (1:30), Turn ½ turn R whilst raising both hands with palms facing upwards and tapping RF (6-7-8) (7:30)

S3. Walk Forward RL, Anchor step, Full Turn Back, 1/8 Turn Behind Side Cross

1-2 RF walk forward, LF walk forward (Bring both hands down)
3&4 RF lock behind LF, LF Recover, RF step slightly back
5-6 ½ turn L LF step forward, ½ turn L RF step back (7:30)

Easier alternative: Take two swivel walks back for counts 5-6.

7&8 LF cross behind RF, 1/8 turn R RF step R, LF cross over RF (straightening up to 9:00)

S4. Side Touch Side, Behind, ¼ Turn L, Step forward, Step ¼ Turn R, L Vaudeville

1&2 RF step R, LF touch next to RF, LF step L
3&4 RF cross behind LF, ¼ turn L LF step forward, RF step forward
5-6 LF step forward, ¼ turn R RF step R (9:00)
7&8& LF cross over RF, RF step R, LF heel diagonal forward L, LF step next to RF

S5. Cross, ¼ Turn, Shuffle ½ Turn, Cross Samba ¼ Turn, Kick, Out-Out

1-2 RF cross over LF, ¼ turn R LF step back (12:00)
3&4 RF step ¼ turn R, LF step next to RF, RF step ¼ turn R (6:00)

****RESTART: W2 (3:00) See note below for Change of Count and Step Change**

5&6 LF cross over RF, ¼ turn L RF step R, LF step L (3:00)
7&8 RF kick forward, RF step R (out), LF step L (out)

S6. ¾ Turn Diamond

1&2 RF cross over LF, LF step L, 1/8 turn R RF step back
3&4 LF step back, 1/8 turn R RF step R, 1/8 turn R LF step forward
5&6 RF cross over LF, 1/8 turn R LF step R, 1/8 turn R RF step back
7&8 LF step back, 1/8 turn R RF step R, LF step forward (12:00)

S7. Kick Out Out (RL), Run Forward RLR, Back Lock Step X2

1&2 RF kick forward, RF step R, LF step L
3&4 Legs wide: RF run forward, LF run forward, RF run forward
****RESTART: W4 (12:00) See note below for Change of Count and Step Change**
5&6 LF step back to the diagonal, RF cross over LF, LF step back to the diagonal
7&8 RF step back to the diagonal, LF cross over RF, RF step back to the diagonal

S8. Run Around ¾ Turn L – Sweep Forward, Cross, Side, Behind - Sweep Back, Behind, Side, Step forward, Step forward, ½ Turn L

1&2 ¼ turn L LF step forward, ¼ turn L RF step forward, ¼ turn L LF step forward RF sweep forward (3:00)
3&4 RF cross over LF, LF step L, RF cross behind LF and LF sweep back
5&6 LF cross behind RF, RF step R, LF step forward
7-8 RF step forward, ½ turn L (9:00)

Wall 2 (starting at 9:00):

In section 5, step modification for counts 3-4

1-2 RF cross over LF, ¼ turn R LF step back (9:00)
3-4 ½ turn R RF step forward, LF slide next to RF (weight on LF)

+ RESTART (3:00) from S1

Wall 4 (starting at 12:00):

S7, Step added + TAG + RESTART (at 12:00)

1&2 RF kick forward, RF step R, LF step L
3&4 Legs wide: RF run forward, LF run forward, RF run forward

+STEP ADDED

5&6 LF run forward, RF run forward, LF run forward (weight on L to finish)

+TAG Take a deep breath for 2 counts Raising both arms up and outwards

+ RESTART (12:00) from S1

Ending (starting at 12:00): S8

S8 Dance up to ct 5&6 (3:00), of the final wall then amend ½ turn to a ¼ turn L ct (8) to finish (12:00)

7-8 RF step forward, ¼ turn L (finishing at 12:00)

Raise arms and head to the sky once more on lyrics "head held high".

Quick Notes:

W2, (3:00). Change of Step: LF slide next to RF and Restart (3:00).

W4, (12:00). Step added: Legs wide: Run forward LRL. Tag: Raise both Arms Up and Out. Restart (12:00).

****Ending: S8 ct8 (3:00), ¼ turn L (12:00).**
