

Head Over Heels

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 0 級數: Easy Intermediate
編舞者: Sarah Drysdale (UK) & Sean Drysdale (UK) - May 2025
音樂: Heels Over Head - Carly Pearce



****2 restarts and a 4 count tag**

***1 Restart after count 16 on wall 5**

TAG: 4 count tag on wall 11 after count 16 then restart dance

<https://open.spotify.com/track/3w4XdOvA57TFrbml90PZPN?si=e9d93a96c83e4bb2>

Section 1: Syncopated vine to right, left rock back, recover, left side shuffle

1-2 Step right foot to right side, step left foot behind right
&3-4 Step right beside left, step left foot in front of right, step right foot to right side
5-6 Rock back on left foot, recover on right foot
7&8 Step Left foot to left side, step right beside left, step left to left side

Section 2: Right rock back, recover, right forward mambo step, left side rock, recover, ¼ turn right shuffle

1-2 Rock back on Right foot, recover on left
3&4 rock forward on right foot, recover weight back on left foot, step right foot beside left
5-6 Rock left foot out to left side, recover weight on Right foot
&7-8 Step Left foot beside right, step right foot ¼ turn right, step left foot forward

Section 3: Point forward, point side, behind, side cross, rock back, recover, ¼ turn shuffle

1-2 Point Right foot forward, point right foot to right side
3&4 Step Right foot behind left foot, step left foot to left side, step right over left
5-6 Rock left foot to left side, recover weight onto right foot
&7-8 Step left foot beside right foot, step right foot ¼ right, step forward on left foot

Section 4: Vine ¼ turn right, step pivot half x 2

1-2 Step right foot to right side, step left foot behind right
3-4 Step right foot ¼ turn right, step forward on left foot
5-6 Step forward on right foot, pivot ½ turn over left shoulder
7-8 Step forward on right foot, pivot ½ turn over left shoulder

TAG: 4 Counts: Step right to right side, step left beside right, step left to left side, step right beside left