

## **HEAD OVER HEELS & TOES**

**Choreographers:** Pat Stott & Laura Sway ([Oct 18](#))

**Music:** Out Of Our Heads by Take That

**Walls:** 4 Wall **Level:** Improver

**Count in:** 8 count intro



### **Point & point & heel & heel & point, hold double clap, & point hold double clap**

1&2. Point right to right, close, point left to left

&3&4. Close, right heel forward, close, left heel forward

&5&6. Close, point right to right, hold & clap hands twice (&6)

&7&8. Close, point left to left, hold & clap hands twice (&8)

### **& Heel grind 1/4 turn right, coaster step, rock forward, recover, close, rock forward, recover**

&1-2. Step on Left, Right heel forward and grind heel turning 1/4 right, recover back on left foot

3&4. Back on right, close left to right, forward on right

5-6& Rock forward on left, recover on right, close left to right

7-8. Rock forward on right, recover on left

### **1/2 turn right stepping forward on right, 1/4 turn right stepping left to left, rock back, recover, rock right to right, turn 1/4 left, full turn left (or 2 walks)**

1-2. Turn 1/2 right stepping forward on right, turn 1/4 right stepping left to left

3-4. Rock back on right, recover on left

5-6. Rock right to right, turn 1/4 left transferring weight to left

7-8. Turn 1/2 left stepping back on right, turn 1/2 left stepping forward on left

(Easier option 2 walks forward)

### **Hip bumps right, ball cross, hold & clap hands twice, bump hips left, ball cross, hold & clap hands twice**

1-2. Step slightly diagonally right on right & bump hips to right twice

&3&4. Step onto ball of left slightly back, cross right over left, clap hands twice

5-6. Step slightly diagonally forward on left & bump hips twice to left

&7&8. Step onto ball of right foot slightly back, cross left over right, hold & clap twice

**Side, recover, behind, side, cross, side, recover, sailor 1/4 turn left**

1-2. Rock right to right, recover on left

3&4. Right behind left, left to left, cross right over left

5-6. Rock left to left, recover on right

7&8. Left behind right, turn 1/4 left stepping right to right, step left in place

**Step, kick, coaster step, Jazz box 1/4 right with jump & clap**

1-2. Step forward on right, kick left forward

3&4. Back on left, close right to left, forward on left

5-6. Cross right over left, back on left

7-8. Turn 1/4 stepping right to right, jump feet together and clap

**ENDING:** Dance up until Counts 32 (3.00) , Rock side Right, Recover on Left, behind ¼ Step Left (12.00) into your big finish....

The Splits (demonstrated by Laura) ☺ or optional Handstand ( demonstrated by Pat) ☺

For health & safety reasons, Do Not try this!! Just a nice Big Pose to finish .. TADA!!!



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