



## Head Over Heels & Toes

48 Count, 4 Wall, Improver

Choreographer: Pat Stott Laura Sway (UK) Oct 2018

Choreographed to: Out Of Our Heads by Take That

### Count in: 8 count intro

#### Section 1 **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)

#### Section 2 **& 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

#### Section 3 **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)**

#### Section 4 **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

#### Section 5 **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

#### Section 6 **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....**