



Approved by:

*Andrew*

# Head Over Heels

## 2 WALL - 56 COUNTS - IMPROVER

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
<b>Section 1</b> 1 - 2 3 & 4 <b>Tag 2</b> 5 - 6 7 & 8	<b>Walk x 2, Kick Ball Change, Step, Pivot 1/2 Left, Kick Ball Change</b> Walk forward right. Walk forward left. Kick right forward. Step right beside left. Step onto left in place. Wall 6: Dance Tag 2 here then restart dance from beginning. Step right forward. Pivot 1/2 turn left. (6:00) Kick right forward. Step right beside left. Step onto left in place.	Right Left Kick Ball Change  Step Pivot Kick Ball Change	Forward On the spot  Turning left On the spot
<b>Section 2</b> 1 - 2 3 & 4 5 - 6 <b>Tag 1</b> 7 - 8	<b>Forward Rock, Coaster Step, Left Toe Strut, Right Toe Strut</b> Rock right forward. Recover onto left. Step right back. Step left beside right. Step right forward. Step left toe forward. Drop left heel taking weight. Wall 3: Dance Tag 1 here then restart dance from beginning. Step right toe forward. Drop right heel taking weight.	Forward Rock Coaster Step Toe Strut  Toe Strut	On the spot  Forward
<b>Section 3</b> 1 - 2 3 & 4 5 - 6 7 & 8	<b>Forward Rock, Shuffle 1/2 Left, Step, Pivot 1/4 Left, Cross Shuffle</b> Rock left forward. Recover onto right. Shuffle 1/2 turn left, stepping - left, right, left. (12:00) Step right forward. Pivot 1/4 turn left. (9:00) Cross right over left. Step left to side. Cross right over left.	Forward Rock Shuffle Turn Step Pivot Cross Shuffle	On the spot Turning left  Left
<b>Section 4</b> 1 - 2 3 & 4 5 - 6 7 & 8	<b>Side Rock, Weave Right, Side Rock, Weave Left</b> Rock left to left side. Recover onto right. Step left behind right. Step right to right side. Cross left over right. Rock right to right side. Recover onto left. Step right behind left. Step left to left side. Cross right over left.	Side Rock Behind Side Cross Side Rock Behind Side Cross	On the spot Right On the spot Left
<b>Section 5</b> 1 & 2 3 & 4 5 - 6 7 & 8	<b>Side Mambo x 2, Forward Rock, Shuffle 1/2 Left</b> Rock left to left side. Recover onto right. Step left in place. Rock right to right side. Recover onto left. Step right in place. Rock left forward. Recover onto right. Shuffle 1/2 turn left, stepping - left, right, left. (3:00)	Left Mambo Right Mambo Forward Rock Shuffle Turn	On the spot  Turning left
<b>Section 6</b> 1 - 2 3 & 4 5 - 6 7 & 8	<b>Forward Rock, Shuffle 1/2 Right, Step, Pivot 1/2, Kick Ball Change</b> Rock right forward. Recover onto left. Shuffle 1/2 turn right, stepping - right, left, right. (9:00) Step left forward. Pivot 1/2 turn right. (3:00) Kick left forward. Step left beside right. Step onto right in place.	Forward Rock Shuffle Turn Step Pivot Kick Ball Change	On the spot Turning right Turning right On the spot
<b>Section 7</b> 1 - 2 3 & 4 5 - 6 7 & 8	<b>Step, Pivot 1/4, Kick Ball Change, Forward Rock, Coaster Step</b> Step left forward. Pivot 1/4 turn right. (6:00) Kick left forward. Step left beside right. Step onto right in place. Rock left forward. Recover onto right. Step left back. Step right beside left. Step left forward.	Step Pivot Kick Ball Change Forward Rock Coaster Step	Turning right On the spot
<b>Tag 1</b> 1 - 2 <b>Tag 2</b> 1 - 2 3 - 4	<b>Step, Pivot 1/2</b> Step right forward. Pivot 1/2 turn left. (12:00) Start dance again. <b>Step, Pivot 1/2, Step, Pivot 1/2</b> Step right forward. Pivot 1/2 turn left. (6:00) Step right forward. Pivot 1/2 turn left. (12:00) Start dance again.	Step Pivot  Step Pivot Step Pivot	Turning Left  Turning Left

**Choreographed by:** Andrew, Simon and Sheila (UK) January 2007

**Choreographed to:** 'Head Over Heels' by ABBA (121 bpm) from CD The Definitive Collection, or The Visitors  
(approx 30 sec intro - start on the word 'very')

**Tags:** There are 2 short tags with restarts in the dance - Wall 3 during section 2, Wall 6 during section 1.