



# Head Over Heels

56 count, 2 wall, beginner/intermediate level

Choreographer: Andrew, Simon and Sheila (UK), January 2007

Choreographed to: "Head Over Heels" by ABBA, CD The Definitive Collection or The Visitors

Intro: 30 seconds (approx) – start on the word "very"

## Section 1 Walk, Walk, Kick Ball Change, Pivot 1/2, Kick Ball Change

- 1-2 Walk fwd R, walk fwd L
- 3&4 R kick-ball-change
- 5-6 Step pivot half turn L (6:00)
- 7&8 R kick-ball-change

## Section 2 Rock, Recover, Coaster Step, Toe Strut, Toe Strut

- 1-2 Rock fwd R, recover
- 3&4 R coaster-step
- 5-6 L toe-heel strut
- 7-8 R toe-heel strut

## Section 3 Rock, Recover, Shuffle 1/2, Pivot 1/4, Cross Shuffle

- 1-2 Rock fwd L, recover
- 3&4 Shuffle half turn L (12:00)
- 5-6 Step pivot quarter turn L (9:00)
- 7&8 R cross-shuffle

## Section 4 Rock, Recover, Weave, Rock, Recover, Weave

- 1-2 Rock L to side, recover
- 3&4 Step L behind R, step R to side, cross L over R
- 5-6 Rock R to side, recover
- 7&8 Step R behind L, step L to side, cross R over L

## Section 5 Mambo, Mambo, Rock, Recover, Shuffle 1/2

- 1&2 Rock L to side, recover, step L in place
- 3&4 Rock R to side, recover, step R in place
- 5-6 Rock fwd L, recover
- 7&8 Shuffle half turn L (3:00)

## Section 6 Rock, Recover, Shuffle 1/2, Pivot 1/2, Kick Ball Change

- 1-2 Rock fwd R, recover
- 3&4 Shuffle half turn R (9:00)
- 5-6 Step pivot half turn R (3:00)
- 7&8 L kick-ball-change

## Section 7 Pivot 1/4, Kick Ball Change, Rock, Recover, Coaster Step

- 1-2 Step pivot quarter turn R (6:00)
- 3&4 L kick-ball-change
- 5-6 Rock fwd L, recover
- 7&8 L coaster-step

**Note:** *On wall 3* Dance up to count **14** (L toe-heel strut)  
Step pivot half turn L (12:00), Start dance again.

*On wall 6* Dance up to count **4** (R kick-ball-change)  
Step pivot half turn L (6:00), Step pivot half turn L (12:00), Start dance again

Quelle:

Linedancer Magazine, 166 Lord Street, Southport, United Kingdom, PR9 0QA

Tel: +44 (0)1704 392300 Fax: +44 (0)1704 501678

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