HEAD OVER HEELS
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MUSIC: CD CDF 6, DLD 1062, Ross Mitchell Dance & Listen, track 7 "Head over Heels"
RHYTHM: International Tango
TIME @ BPM: 2:14@ 33
PHASE (+-): V+1 (double open promenade)
FOOTWORK: Opposite unless indicated (W’s footwork in parentheses)
SEQUENCE: INTRO, A,B, INTERLUDE, A,B, END

MEAS. INTRODUCTION
1-4 LOF/DLW – WAIT;; STEP TOG & TCH; CLOSED FINISH;
1-4 LOFcg position/DLW – wait ;; tog L, , tch R to L, -; bk R, trn LF sd L, cl R, - to CP/DLC;

PART A

1-4 OPEN REV TURN OPEN FINISH;; ROCK TURN;;
1-2 fwd L trng LF, fwd R cont trn, bk L in BJO/RLOD, -; bk R trng LF, sd & fwd L, fwd R
[staying in CBMP] to BJO/DLW, -;
3-4 bk L trn RF, cont trn rk fwd R, rec bk L, -; bk R trn LF, cont trn sd & fwd L, cl R to L to CP/DLC, -;

5-8 OPEN REV TURN CLOSED FINISH;; FWD, RIGHT LUNGE & HOLD;;
5-6 fwd L trng LF, fwd R cont trn, bk L in BJO/RLOD, -; bk R trng LF, sd & fwd L, cl R to L
to CP/DLW, -;
7-8 fwd L, compress L knee step sd & fwd R between W’s ft with R shoulder lead twd DLW, -;
- extend and hold, - , - , -

9-12 SLOW SPANISH DRAG, CLOSE/TAP TO CP;; 5-STEP ~ & TAP;;
9-10 rec L with R leg extended sd change sway draw R slowly toward L, - , - , -; continue drag, -;
- close R/tap L to sd in CP/DLW;
11-12 fwd L, trng LF sd & bk R, bk L to BJO/LOD, sm sd & bk R to CP (W bk R, sm sd & fwd
L, fwd R to BJO, sm fwd L to CP); trn to SCP/LOD with no wgt change, -, keeping inside
toe on the floor quickly bring LF in twds RF no weight/bring LF bk out, -;

PART B

1-4 2 STALKING WALKS;; LADY’S SENTADA LEFT; LADY’S SENTADA RIGHT;
1-2 step L, slowly bring RF thru, - , pt R; step R, slowly bring LF thru, - , pt L;
3-4 step on L trng to fc, - - (W step on R trng to fc, XLib, flick Rif, -); rec R, XLib, - - (W
step R, trng to fc sd L, XRib, flick Lif);

5-8 OPEN FINISH; ROCK TURN;; WALK 2;
5 thru R, fwd L (W trng LF step sd & bk), fwd R [staying in CBMP] to BJO/DLW, -;
6-7 bk L trn RF, cont trn rk fwd R, rec bk L, -; bk R trn LF, cont trn sd & fwd L, cl R to L to
CP/DLC, -;
8 fwd L, - , fwd R, -;
HEAD OVER HEELS

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9-13

OK OPN REV TRN; SD, THRU (SD TO) PROM SWAY; CHANGE SWAY ~
RISE, CLOSE/TAP ~ OPEN PROMENADE;;

9-10  fwd L trng LF, sd & bk R cont LR to CP/WALL;
sd L, thru R, sd L w/R sd stretch look over jnd ld hnds with relaxed L knee, ~;
11-13  {change sway} sharply trn body LF with L sd stretch both look RLOD no wgt change, ~
{rise, close/tap}slowly bring R to L & rise, ~; close R to L/tap L to sd, ~
{open prom} sd & fwd L, ~; thru R, sd & fwd L (W trn LF to CP & step sd & bk), fwd R
[staying in CBMP] to BJO/DLW, ~;

14-16

DOUBLE OUTSIDE SWIVEL: BK WHISK: THRU/TAP, HEAD FLICK;

14 bk L allowing R to gently draw in front of L, ~ (W fwd R, swivel RF to SCP leaving LF in
bk after swivel), fwd R draw L gently to bk of R, ~ (W fwd L, swivel LF to BJO leaving RF
in bk after swivel);
15 bk L, sd R, XLib to SCP/LOD for a flat (no rise) whisk, ~;
16 thru R/tap L to sd, trn hip to sd & bk to cause W to snap head L, then R, ~;

INTERLUDE

1-4

DOUBLE OPEN PROMENADE;; ROCK TURN;;

1-2  sd & fwd L, ~, fwd R, sd & fwd L; fwd R, sd & fwd L, fwd R [staying in CBMP] to
BJO/DLW, ~ (W sd & fwd R, ~, fwd L, sd & bk R trn LF to CP; trn to SCP fwd L, sd & bk
R trn LF to CP, bk L);
3-4  bk L trn RF, cont trn rk fwd R, rec bk L, ~; bk R trn LF, cont trn sd & fwd L, cl R to L to
CP/DLC, ~;

REPEAT PART A
REPEAT PART B

END

1-3

WALK & PU; WALK 2; OPEN REV TRN 3;

1-2  fwd L, ~, fwd R, ~ (W fwd R, ~, fwd L trng 1/2 LF) to CP/LOD; curving slightly LF fwd L,
~, fwd R, ~;
3  fwd L trng LF, fwd R cont LR, bk L in BJO/RLOD, ~;

4-7  BK ROCK ON R; BK ROCK ON L; OPEN FINISH; SLOW OUTSIDE SWIVEL;

4-5  bk R, rec L, bk R, ~; bk L, rec R, bk L, ~;
6-7  bk R trn LF, sd & fwd L, fwd R [staying in CBMP] to BJO/DLW, ~; bk L allowing RF to
gently Xif, ~, ~ (W fwd R, ~, swivel RF to SCP leaving LF in bk, ~) to SCP/LOD;

8-9

THRU/TAP - CLOSED PROMENADE;;

8-9 thru R/tap L, ~, sd & fwd L, ~; thru R, sd & fwd L, cl R, ~ (W sd & fwd R, ~; thru L, sd &
bk R trn LF to CP, cl L, ~) to end CP/DLW;

+ (1 BEAT) CONTRA CHECK

+ on last beat of music flex R knee step quickly fwd L with R shoulder lead upper thighs
crossed,