



Hold Your Head Up High

Count: 32 **Wall:** 4 **Level:** Beginner / Improver

Choreographer: Lynn and Keira Card (9yrs old) (mother/daughter duo) September 2017

Music: "Gold" by Britt Nicole

Intro: 16 counts

TOE, HEEL, STOMP, TOE, HEEL, STOMP, KNEE POPS

1&2,3&4 Touch R toe(home/next to L), Scuff R heel, Stomp R forward, Touch L toe next to R, Scuff L heel, Stomp L forward

(Hint: Stomp the ball of L keeping weight on R and you will then shift the weight to L with your first R knee pop)

5,6,7&8 Bend/pop R knee forward, Bring R knee back and bend/pop L knee forward, Repeat pop R knee forward, Pop L knee forward, Pop R knee forward(weight on L)

ROCK STEP, RECOVER, COASTER STEP, ROCK STEP, RECOVER, COASTER STEP

1,2,3&4 Rock R forward, Recover L, Step R back, Step L back, Step R forward

5,6,7&8 Rock L forward, Recover R, Step L back, Step R back, Step L forward

Restart here in Wall 4 after 16 counts facing 6:00

SIDE STEP ¼ TURN, TOUCH, SIDE STEP, TOUCH, KICK & POINT, KICK & POINT

1,2,3,4 Big step R to right side turning ¼ to right, Touch L next to R, Step L to left, Touch R next to L (3:00)

(Optional: Arms bent in front of your chest, pull/point R elbow to right on 1 as you step/turn; pull/point L elbow on 3 to the left)

5&6,7&8 Kick R forward, Recover R home, Point L to left side, Kick L forward, Recover L home, Point R to right side

(Optional: Kick, then "cross" over on ball step for more hip hop style)

FORWARD ROCK, RECOVER, BALL STEP, FORWARD ROCK, RECOVER, BALL STEP, OUT OUT FORWARD, SWIVEL HEELS/TOES/HEELS

1,2&3,4 Rock R forward, Recover L, Ball step R, Rock L forward, Recover R

&5,6,7&8 Ball step L next to R, Step R slightly forward to right, Step L slightly Forward to left(shoulder width), Swivel heels in, Swivel toes in. Swivel heels in

(weight slightly more on L to Restart the dance)

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