

Above My Head

IMPROVER

32 Count 4 Walls

Choreographed by: Martie Papendorf

Choreographed to: Up Above My Head by Rhiannon Giddens

Start on vocals after 32 counts.

1 KICK BALL STEP, FWD SHUFFLE, &, STEP, SCUFF, STEP, SCUFF, FWD SHUFFLE

1 & 2 Kick R fwd, Step R next to L, Step L next to R,

3 & 4 Step R fwd, Step L next to R, Step R fwd,

& 5 & 6 & Step L next to R, Step R fwd, Scuff L next to R and clap, Step L fwd, Scuff R next to L and clap,

7 & 8 Step R fwd, Step L next to R, Step R fwd [12.00]

2 KICK, CROSS, BACK 1/4 LEFT, &, FWD SHUFFLE, STEP, SCUFF, STEP, SCUFF, FWD SHUFFLE

1 & 2 Kick L across R, Step L across R, Step R back making a 1/4 turn left, [9.00]

& 3 & 4 Step L next to R, Step R fwd, Step L next to R, Step R fwd,

5 & 6 & Step L fwd, Scuff R next to L and clap, Step R fwd, Scuff L next to R and clap,

7 & 8 Step L fwd, Step R next to L, Step L fwd [9.00]

3 ROCK 1/4 LEFT, RECOVER, ROCK 1/4 LEFT, RECOVER, RUN FWD R, L, R, ROCK, RECOVER 1/4 LEFT, SIDE 1/4 LEFT

1 Rock R out to right side making a 1/4 turn left extending arms up above head, [6.00]

2 Recover L to left side bringing arms down,

3 Rock R out to right side making a 1/4 turn left extending arms up above head, [3.00]

4 Recover L to left side bringing arms down,

5 & 6 Run fwd on bent knees R, L, R,

7 & Rock L fwd, Recover R back making a 1/4 turn left [12.00],

8 Step L to left side making a 1/4 turn left [9.00]

4 KICK, &, KICK, &, POINT, &, POINT, BACK, BACK, &, BACK, TOGETHER, TOUCH

1 & 2 & Kick R fwd, Step R next to L, Kick L fwd, Step L next to R,

3 & 4 Point R to right side, Step R next to L, Point L to left side,

5 Step L long step back bending fwd dragging R heel [toes flexed],

6 Step R long step back bending fwd dragging L heel [toes flexed],

& 7 & 8 Step L next to R, Step R back, Step L next to R, Touch R next to L [9.00]

START AGAIN
