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Hold Your Head Up High

32 Count, 2 Wall, Intermediate
Choreographer: Henriette Espmarker (April 2015)
Choreographed to: Hold Your Head Up High by Nomy

Start dancing on lyrics

LEFT DIAMOND, ¼ TURN RIGHT, CROSS AND SWEEP, 1/2 TURN RIGHT

1-2 Step Left to Left side, Cross Right Behind Left.
&-3 Step back on Left, Turn ¼ right and step right to right side.
4&5 Cross Left in front of Right, Sweep Right foot ½ turn Right (facing 12 O'clock)
6& Cross Right Behind Left, Step left next to Right.
7-8 Cross Right in front of Left, Touch left foot to Left side (prep for turn).

FULL TURN L. CROSS, ½ TURN L.CROSS R. ROCK RECOVER, HOLD, STEP RIGHT.

&-1 Full turn to Left side, Step Left to Left side
2-& Step Right third position, cross Left in front of Right
3-4 Turn Left ½ on Right foot, Step Left to Left side
&-5 Cross Right in front of Left, Step Left to Left side
6-& Recover on Right foot, Recover on Left foot
7-8 Hold on Left foot, Step Right to Right side

CROSS L. FULL TURN R. SWEEP, R. BEHIND L. L. FOT TO L. SIDE, WALK R. L.
HIGH KICK RIGHT FOOT, STEP BACK ON RIGHT, STEP L. CROSS R. IN FRONT ¼ TURN L.

&-1 Cross Left in front of Right, Full turn to Right with sweep Right foot
2-& Cross Right behind Left, Step Left to Left side
3-4 Cross Right in front of Left, Walk Left forward
&-5 Walk Right (facing 3 o'clock), Walk Left (facing 2 o'clock) high kick Right foot
6-& Step back on Right, Step Left to Left side
7-8 Cross Right in front of Left, ¼ turn Left

STEP R. FORWARD, ¾ TURN R. CROSS ROCK, STEP L. CROSS R. IN FRONT OF LEFT, STEP L. SPIRAL TURN L.

&-1 Walk Right forward, ¾ plié turn Right
2-& Cross Left in front of Right, Recover back on Right
3-4 Step Left to Left side, Cross Right in front of Left (facing 10 o'clock)
5-6 Touch Left foot forward (prep for turn), full turn Left
&-7 Left, Step Right forward (prep for turn)
8-& Full turn Right, Step Right forward