

Part A

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Head Down

96 Count 2 Wall Phrased Intermediate Level Dance. Choreographed by: Sue Widmer (CH) Apr 2024 Choreographed to: Head Down by Lost Frequencies feat Bastille Intro: 16 Counts. Start at approx 7 secs.

Remember to Vote for your favourite dances in the Linedancer Charts. **Sequence:** A, B, C, C, A, A, B, C, C, B, B

SEC 1 WALK, WALK, LOCK STEP, ROCK ½ TURN, FULL TURN

- 1-2 Walk R forward, Walk L forward
- 3&4 Step R forward, Lock L behind R, Step R forward
- 5&6 Rock/step L forward, Recover weight on R, ¹/₂ Turn L Step L forward (6:00)
- 7-8 ¹/₂ Turn L Step R back, ¹/₂ Turn L Step L forward (6:00)

SEC 2 DOROTHY STEP, DOROTHY STEP, HEEL, HOLD, BALL, STEP, SWIVEL

- 1-2& Step R to R diagonal, Lock L behind R, Step slightly forward on R
- 3-4& Step L to L diagonal, Lock R behind L, Step slightly forward on L
- 5-6& Dig R heel forward, Hold, Step ball of R beside L
- 7&8 Step L forward, Swivel both heels to L, Twist both heels back to centre

SEC 3 BALL, ROCK, BACK LOCK BACK, COASTER CROSS, SIDE, BEHIND

- &1-2 Step ball of L beside R, Rock/step R forward, Recover weight on L
- 3&4 Step R back, Cross L over R, Step R back
- 5&6 Step L back, Step R next to L, Cross L over R
- 7-8 Step R to R side, Cross L behind R

SEC 4 SIDE ROCK, WEAVE, SIDE ROCK, CROSS, POINT

- 1-2 Rock/step R to R side, Recover weight on L
- 3&4 Cross R behind L, Step L to L Side, Cross R over L
- 5-6 Rock/step L to L side, Recover weight on R
- 7-8 Cross L over R, Point R to R Side

Part B

SEC 1 CROSS, SWEEP, CROSS, SIDE, BEHIND, SWEEP, BEHIND, ¼ TURN

- 1-2 Cross R over L, Sweeping L Back to Front
- 3-4 Cross L over R, Step R to R Side
- 5-6 Cross L behind R, Sweeping R Front to Back
- 7-8 Cross R behind L, ¹/₄ Turn L Step L forward (3:00)

SEC 2 STEP PIVOT 1/2 TURN, 1/4 SIDE, BEHIND, 1/4 STEP, STEP PIVOT 1/2 TURN, 1/4 TURN

- 1-2 Step R forward, Pivot ½ Turn L (9:00)
- 3-4 ¹/₄ Turn L Step R to R Side, Cross L behind R (6:00)
- 5-6 ¹/₄ Turn R Step R forward, Step L forward (9:00)
- 7-8 Pivot ¹/₂ Turn R, ¹/₄ Turn R Step L to L Side (6:00)

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Head Down

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SEC 3 BEHIND, SWEEP, BEHIND, SIDE, CROSS ROCK, CHASSÉ ¼ TURN

- 1-2 Cross R behind L, Sweeping L Front to Back
- 3-4 Cross L behind R, Step R to R Side
- 5-6 Rock/Cross L over R, Recover weight on R
- 7&8 Step L to L Side, Step R next to L, 1/4 Turn L Step L forward (3:00)

SEC 4 STEP PIVOT 1/2 TURN, 1/2 BACK, 1/4 SIDE, CROSS ROCK, SIDE ROCK

- 1-2 Step R forward, Pivot ½ Turn L (9:00)
- 3-4 ¹/₂ Turn L Step R back, ¹/₄ Turn L Step L to L Side (12:00)
- 5-6 Rock/Cross R over L, Recover weight on L
- 7-8 Rock/step R to R side, Recover weight on L

Part C

SEC 1 CROSS SAMBA, CROSS SAMBA, CROSS POINT, SIDE POINT, TOUCH BEHIND, ½ UNWIND

- 1&2 Cross R over L, Rock/Step L to L Side, Recover weight on R
- 3&4 Cross L over R, Rock/Step R to R Side, Recover weight on L
- 5-6 Point R cross over L, Point R to R Side
- Arms Raise your right arm up to R side, raise your left arm up to L side
- 7-8 Touch R behind L, Unwind ½ R weight on R (6:00)
- Arms Cross your arms behind your neck and slide them down the side of your body (7-8

SEC 2 V-STEP, 2X JUMP SIDE DIP WITH HIP BUMPS

- 1-2 Step L out to L Diagonal, Step R out to R diagonal
- 3-4 Step L back to centre, Step R next to L
- Styling Shimmy Shoulders
- 5& Jumping side to R side & bumping hips to R, bump L
- Arms Snap your right fingers sideways at head height, circle your right arm downwards in a counter-clockwise direction
- 6& Bending Knees & bumping hips to R, bump L
- Arms Snap your right fingers sideways at hip height, circle your right arm upwards in a clockwise direction
- 7& Jumping side to R side & bumping hips to R, bump L
- Arms Snap your right fingers sideways at head height, circle your right arm downwards in a counter-clockwise direction
- 8& Bending Knees & bumping hips to R, bump L
- Arms Snap your right fingers sideways at hip height, circle your right arm upwards in a clockwise direction

SEC 3 SKATE, SKATE, DIAGONAL SHUFFLE, SKATE, SKATE, MAMBO FWD

- 1-2 Skate R to R diagonal, Skate L to L diagonal
- 3&4 Step R to R diagonal, Step L next to R, Step R to R diagonal
- 5-6 Skate L to L diagonal, Skate R to R diagonal
- 7&8 Rock/step L forward, Recover weight on R, Step L back

SEC 4 BACK LOCK BACK, BACK LOCK BACK, BACK ROCK/RECOVER, KICK BALL STEP

- 1&2 Step R back, Cross L over R, Step R back
- 3&4 Step L back, Cross R over L, Step L back
- 5-6 Rock/Step R back, Recover weight on L height, circle your right
- 7&8 Kick R forward, Step ball of R beside L, Step L forward



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