

Head Held High

Count: 64

Wall: 3

Level: Intermediate

Choreographer: Jonas Dahlgren (SWE), Jo Kinser (UK), Hayley Wheatley (UK) & Gregory Danvoie (BEL) - August 2023

Music: Head Held High - SERA

Intro : 16 counts

S1. Rock Forward, Recover - Sweep, Behind, Step $\frac{1}{4}$ Turn L, Step Forward, Step $\frac{1}{2}$ Turn R, Step Back $\frac{1}{2}$ Turn R, $\frac{1}{4}$ Turn R, Cross

1-2 RF rock forward, Recover on LF and RF sweep back
3&4 RF cross behind LF, $\frac{1}{4}$ turn LF step forward, RF step forward
5-6 LF step forward, Turn $\frac{1}{2}$ turn R
7&8 $\frac{1}{2}$ turn R LF step back, $\frac{1}{4}$ turn R RF step R, LF cross over RF (12:00)

S2. Sway RL, Full Turn R, Diagonal Forward Turning $\frac{3}{8}$ turn R Raising Hands and Tapping RF

1-2 RF step R and sway R, LF step L and sway L
3&4 $\frac{1}{4}$ turn R RF step forward, $\frac{1}{2}$ turn R LF step back, $\frac{1}{4}$ turn R RF step R (12:00)
5-8 $\frac{1}{8}$ turn diagonal R LF step forward (5) (1:30), Turn $\frac{1}{2}$ turn R whilst raising both hands with palms facing upwards and tapping RF (6-7-8) (7:30)

S3. Walk Forward RL, Anchor step, Full Turn Back, $\frac{1}{8}$ Turn Behind Side Cross

1-2 RF walk forward, LF walk forward (Bring both hands down)
3&4 RF lock behind LF, LF Recover, RF step slightly back
5-6 $\frac{1}{2}$ turn L LF step forward, $\frac{1}{2}$ turn L RF step back (7:30)

Easier alternative: Take two swivel walks back for counts 5-6.

7&8 LF cross behind RF, $\frac{1}{8}$ turn R RF step R, LF cross over RF (straightening up to 9:00)

S4. Side Touch Side, Behind, $\frac{1}{4}$ Turn L, Step forward, Step $\frac{1}{4}$ Turn R, L Vaudeville

1&2 RF step R, LF touch next to RF, LF step L
3&4 RF cross behind LF, $\frac{1}{4}$ turn L LF step forward, RF step forward
5-6 LF step forward, $\frac{1}{4}$ turn R RF step R (9:00)
7&8& LF cross over RF, RF step R, LF heel diagonal forward L, LF step next to RF

S5. Cross, $\frac{1}{4}$ Turn, Shuffle $\frac{1}{2}$ Turn, Cross Samba $\frac{1}{4}$ Turn, Kick, Out-Out

1-2 RF cross over LF, $\frac{1}{4}$ turn R LF step back (12:00)
3&4 RF step $\frac{1}{4}$ turn R, LF step next to RF, RF step $\frac{1}{4}$ turn R (6:00)
****RESTART: W2 (3:00) See note below for Change of Count and Step Change**
5&6 LF cross over RF, $\frac{1}{4}$ turn L RF step R, LF step L (3:00)
7&8 RF kick forward, RF step R (out), LF step L (out)

S6. $\frac{3}{4}$ Turn Diamond

1&2 RF cross over LF, LF step L, $\frac{1}{8}$ turn R RF step back
3&4 LF step back, $\frac{1}{8}$ turn R RF step R, $\frac{1}{8}$ turn R LF step forward
5&6 RF cross over LF, $\frac{1}{8}$ turn R LF step R, $\frac{1}{8}$ turn R RF step back
7&8 LF step back, $\frac{1}{8}$ turn R RF step R, LF step forward (12:00)

S7. Kick Out Out (RL), Run Forward RLR, Back Lock Step X2

1&2 RF kick forward, RF step R, LF step L
3&4 Legs wide: RF run forward, LF run forward, RF run forward
****RESTART: W4 (12:00) See note below for Change of Count and Step Change**
5&6 LF step back to the diagonal, RF cross over LF, LF step back to the diagonal
7&8 RF step back to the diagonal, LF cross over RF, RF step back to the diagonal

S8. Run Around $\frac{3}{4}$ Turn L – Sweep Forward, Cross, Side, Behind - Sweep Back, Behind, Side, Step forward, Step forward, $\frac{1}{2}$ Turn L

1&2 $\frac{1}{4}$ turn L LF step forward, $\frac{1}{4}$ turn L RF step forward, $\frac{1}{4}$ turn L LF step forward RF sweep forward (3:00)
3&4 RF cross over LF, LF step L, RF cross behind LF and LF sweep back
5&6 LF cross behind RF, RF step R, LF step forward
7-8 RF step forward, $\frac{1}{2}$ turn L (9:00)

Wall 2 (starting at 9:00):

In section 5, step modification for counts 3-4

1-2 RF cross over LF, ¼ turn R LF step back (9:00)

3-4 ½ turn R RF step forward, LF slide next to RF (weight on LF)

+ RESTART (3:00) from S1

Wall 4 (starting at 12:00):

S7, Step added + TAG + RESTART (at 12:00)

1&2 RF kick forward, RF step R, LF step L

3&4 Legs wide: RF run forward, LF run forward, RF run forward

+STEP ADDED

5&6 LF run forward, RF run forward, LF run forward (weight on L to finish)

+TAG Take a deep breath for 2 counts Raising both arms up and outwards

+ RESTART (12:00) from S1

Ending (starting at 12:00): S8

S8 Dance up to ct 5&6 (3:00), of the final wall then amend ½ turn to a ¼ turn L ct (8) to finish (12:00)

7-8 RF step forward, ¼ turn L (finishing at 12:00)

Raise arms and head to the sky once more on lyrics "head held high".

Quick Notes:

W2, (3:00). Change of Step: LF slide next to RF and Restart (3:00).

W4, (12:00). Step added: Legs wide: Run forward LRL. Tag: Raise both Arms Up and Out. Restart (12:00).

****Ending: S8 ct8 (3:00), ¼ turn L (12:00).**