

# Head Shoulders Knees & Toes

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**Count:** 32                      **Wall:** 2                      **Level:** Beginner / Improver

**Choreographer:** Åsa Gustafsson (SWE) - January 2021

**Music:** - Ofenbach & Quaterhead

**(Starts with the tag, then same tag 3 times in the dance. And an ending. But easy steps)**

**\*Tag 1-8 & 9-16: First time when lyrics starts before first wall.**

**At wall 2 after count 16, restart (6). At wall 5 after count 16, restart (6).**

**Last time at the end of wall 6, restart (12).**

- 1            Put both hands on the head,  
**2 shoulders, & knees, 3: toes.**
- 4            Both hands on the hips (my bones) 5,6: do a hip-roll R & L.  
&7           Jump fwd R & L. At the same time lift both hands up (high)  
&8           Jump back R & L. At the same time take both hands down

**Repeat 1-8**

**The Tag is every time they sings these lines.**

**[1-8]: Toe struts, rocking chair**

**1,2,3,4 R toe fwd, R heel down. L toe fwd, L heel down**

**5,6,7,8**      Step fwd on R, weight back on L. Step back on R, weight fwd on L

**[9-16]: Repeat 1-8**

**\*Wall 2 and 5 (face 6)**

**[17-24]: Paddle ½ turn L (6)**

- 1,2           Step R toe to R side, push and turn on L 1/8 to L.  
3,4           Step R toe to R side, push and turn on L 1/8 to L (9)  
5,6           Step R toe to R side, push and turn on L 1/8 to L  
7,8           Step R toe to R side, push and turn on L 1/8 to L (6)

**[25-32]: V-step, rocking chair**

- 1,2** Step R out into R diagonal, step L out into L diagonal
- 3,4** Step R back, step L back
- 5,6,7,8** Step fwd on R, weight back on L. Step back on R, weight fwd on L

**\*end of wall 6 (face 12)**

**Ending: Dance wall 7 up to count 28. Instead of rocking chair do step turn step.**

**Step fwd on R, turn half turn L stepping on L. Step fwd on R (12) to end the dance**

**Dance have fun and sing.**

**I don't own the music rights.**