

Heels Over Head

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Count: 32

Wall: 4

Level: Beginner

Choreographer: Rob Williams (USA) - May 2026

Music: Heels Over Head - Carly Pearce

INTRO: 32 counts, start on lyrics.

There are no tags or restarts.

Sec 1: TOE HEEL STOMP, SCUFF, STEP LOCK STEP, SCUFF

1-4 Touch R toe next to LF, Touch R heel slightly fwd, Stomp R fwd, Scuff L fwd

5-8 Step L fwd, Lock/step R behind L, Step L fwd, Scuff R fwd

Sec 2: VINE R W/ TOUCH, POINT, TOGETHER, HEEL SPLIT, TOGEHER

1-4 Step R to right, Step L behind R, Step R to right, Touch L next to R

5-6 Point L to left side, Close L next to R

7-8 Swivel heels apart, Return both heels together (weight on R)

Sec 3: VINE L WITH ¼ L, SCUFF, SIDE TOUCH X 2

1-4 Step L to left, Step R behind L, ¼ L turn stepping L fwd (9:00), Scuff R fwd

5-8 Step R to right, Touch L next to R, Step L to left, Touch R next to L

Sec 4: HEEL SWITCHES, HEEL, HITCH, STEP FWD, ½ L PIVOT

1-4 Touch R heel fwd, Step R next to L, Touch L heel fwd, Step L next to R

5-7 Touch R heel fwd, Hitch R knee, Step weight fwd onto RF

8½ L pivot turn stepping onto LF (3:00)

[REPEAT SECTIONS 1-4]

Styling cue: The music is quite bouncy, and it is great if you happen to find a little spring in your steps!

Note: The phrasing changes a bit in the middle of the song. The dance continues to work well as written by dancing straight through with no need for tags or restarts, in keeping with the level of this dance.

Hope you have fun!