

Head For The Hills

Choreographed by Lana Harvey Wilson, Tucson, AZ, January 7, 2005
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32-count, 4 wall, advanced beginner, easy intermediate line dance

Music: Hills of Connemara, Gaelic Storm, 144 bpm, CD: Gaelic Storm

Other: Steady As The Rain, Dolly Parton, 136 bpm, CD: The Grass Is Blue**

Or....A polka or Irish piece of music of your choice

FWD STEP-SLIDE-STEP, TOE BEHIND, BACK, HEEL FWD, STEP, TOE BEHIND

- 1-2 Step forward on R, slide L next to R with weight
- 3-4 Step forward on R, touch L toe across behind R
- 5-6 Step back on L, touch R heel forward
- 7-8 Step R in place, touch L toe across behind R

BACK STEP-SLIDE-STEP, HEEL FWD, STEP, TOE BEHIND, STEP BACK, CLOSE

- 9-10 Step back on L, slide R back next to L with weight
- 11-12 Step back on L, touch R heel forward
- 13-14 Step R in place, touch L toe across behind R
- 15-16 Step back on L, step R next to L

1/2 PIVOT, 1/4 PIVOT/HOOK, SHUFFLES FWD

- 17-18 Step forward on L, pivot 1/2 right weight ending on R
- 19-20 Step forward on L, pivot 1/4 right on ball of L hooking R foot over L leg
- 21&22 Shuffle forward RLR
- 23&24 Shuffle forward LRL

1/2 PIVOT, FWD SHUFFLE, HEEL SWITCHES, SCUFF

- 25-26 Step R forward, pivot 1/2 left weight ending on L
- 27-28 Shuffle forward RLR
- 29& Touch L heel forward, step L next to R
- 30& Touch R heel forward, step R next to L
- 31& Touch L heel forward, step L next to R
- 32 Scuff R forward

Begin Again

Harder option for 25-32:

1/2 PIVOT, HEEL & TOE & HEEL & HEEL & TOE & HEEL &

- 25-26 Step R forward, pivot 1/2 left weight ending on L
- 27& Touch R heel forward, step R next to L
- 28& Touch L toe back, step L next to R
- 29& Touch R heel forward, step R next to L
- 30& Touch L heel forward, step L next to R
- 31& Touch R toe back, step R next to L
- 32& Touch L heel forward, step L next to R

****Note for Dolly Parton track:***

This track has several extra counts of 4 and two counts of 12. The beat is continuous throughout the track. To keep this dance as simple as possible I decided not to add any tags, restarts, etc. Just dance through it. It works. It ends on count 16 as the music fades out.

The Gaelic Storm track has no extras.