

# Tilt your head back

Choreographed by: Tripple xXx

Level: Advanced

Music: Tilt your head back (Nelly, Christina Aguliara)

## Arm switches, with roll down, grab and pull x2 with hip bump

- 1-2 (Place arms at Right angles) R pointing upwards and L arm horizontal to the ground L fingers touching R elbow, switch arms to opposite position with L arm pointing up and R arm horizontal to the ground.  
3-4 Raise both hands to head level, roll arms down to waist level  
5-6 Cross arms in front of body waist level body angled slightly L, pull arms to the sides of your body bumping L hip to L side,  
7-8 Cross arms in front of body waist level body angled slightly R, pull arms to the sides of your body bumping R hip to R side,

## Hip roll, hip sways, body roll with 1/4 turn R

- 1-2 Roll hips around in a full circle for L to R (Ending with body facing slightly L)  
3-4 Sway hips to the R, sway hips to the L  
5-6 Sway hips to the R, sway hips to the L  
7-8 Make a body roll from head to Toe making a 1/4 turn R

## Punches R, L, with arm roll, grab and pull 1/4 turn L, wave move 1/2 turn R

- 1-2 Punch R arm out to R side, Punch L arm to L side  
3-4 Raise R hand to head level, roll R hand down to waist level, whilst hitching R knee  
5-6 Place R hand in front but across of body, swivel on balls of feet making a 1/4 turn L  
7-8 Make wave (Sea) motion with L arm twice making a 1/2 turn R on balls of feet

## Arms high, arms low, heel swivels touch hitch touch step 1/4 turn L with Wave

- 1-2 Lift both hands R placed over L above head slightly to R side, pull hands down to waist Height slightly to L of body  
3&4 Twist heels R, L, R  
5&6 Touch Rf behind Lf crossing arms slightly to L of body, Hitch R knee as you pull arms to sides of body, touch Rf next to Lf  
7-8 Step Forward on Rf, making a 1/4 turn L While making a wave across body with arms linked at the fingers from R to L

## Walks x4 with shake, 1/4 L with head roll

- 1234 Walks forward, R, L, R, L Whilst shimmying with top of the body  
5-6 Step forward on Rf, hold  
7-8 Make a 1/4 L, Hold (weight ends on Lf) Last two counts danced as you roll head around in a circle from R to L

## Walks x4 with knee sways, 1/4 L with head turn

- 1234 Walk forward, R, L, R, L whilst swinging knees out to Side  
5-6 Step forward on Rf, hold as you turn head L using your hands  
7-8 Make a 1/4 turn L, hold, (weight ends on Lf)

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5-7 Step forward on Rf, hold as you turn head L using your hands  
7-8 Make a 1/4 turn L, hold, (weight ends on Lf).