



Headphones

Choreographers: Tim Johnson & Rebecca Lee

-Official GOLD competition dance 2023 - 2024-

Type of dance: 84 Count (Part A = 32, Part B = 4, Part C = 32, Part D 16), 1 Wall Line Dance
 Level: Free Style Experienced
 Music: "Headphones" by Banx & Banx & Rêve
 Intro: 8 counts from first beat in music (app. 4 seconds into track)
 Sequence: A, B, C, D, A, B, C, D, A, D, A16 Restart, A, B

Counts	Footwork Part A 32 Counts	End facing
1 – 9	Rock Step R, Weave L, Ball Cross, Side, ¼ Turn L Twist, Coaster Step	
1 – 2	Rock R to R side (1), Recover to L (2)	12:00
3&4	Cross R behind L (3), Step L to L side (&), Cross R over L (4)	12:00
& 5	Step L to L side (&), Cross R over L (5)	12:00
6 - 7	Step L to L side (6), Turn ¼ L recovering on R (7)	9:00
8&1	Step L back (8), Step R next to L (&), Step L forward (1)	9:00
10 – 16	Step ½ Turn L, Step Fwd, ¾ Paddle Turn, Hitch L	
2 – 4	Step R forward (2), Turn ½ L, stepping L forward (3), Step R forward (4)	3:00
5 – 6	Turn ¼ R touching L to L side (5), Turn ¼ R touching L to L side (6)	9:00
7 – 8	Turn ¼ R touching L to L side (7), Hitch L (8)	12:00
Restart	Here on the 4th time you do section A, When this comes on count 16, rather than hitching, step down on L allowing you to restarting.	
17 – 25	Rock, Weave, Ball Cross, Side ¼ Turn R Twist, Coaster Step	
1 – 2	Rock L to L side (1), Recover to R (2)	12:00
3&4	Step L behind R (3), Step R to R side (&), Cross L over R (4)	12:00
& 5	Step R to R side (&), Cross L over R (5)	12:00
6 – 7	Step R to R side (6), Turn ¼ R recovering on L (7)	3:00
8&1	Step L back (8), Step R next to L (&), Step L forward (1)	3:00
22 – 32	Step Fwd. ½ Turn L, Step Fwd, ¾ Paddle Turn, Hitch L	
2 – 4	Step L forward (2) Turn ½ R stepping R forward (3), Step L forward (4)	9:00
5 – 6	Turn ¼ L touching R to R side (5), Turn ¼ L touching R to R side (6)	3:00
7 – 8	Turn ¼ L touching R to R side (7), Hitch R (8)	12:00
Counts	Footwork Part B 4 Counts	End facing
1 – 4	Out, Out, Heels, Toes, Heels	
1 – 2	Step R diagonally R out (1), Step L out to L side (2)	12:00
&3 – 4	Bring both heels in (&), Bring both toes in (3), Bring both heels in (4)	12:00
Counts	Footwork Part C 32 Counts	End facing
1 – 8	Walk 2x, Scissor Step, Turning Vine R, R Knee twist	
1 – 2	Walk R forward (1), Walk L forward (2)	12:00
3&4	Step R to R side (3), Step L next to R (&), Cross R over L (4)	12:00
5 – 7	Turn ¼ R stepping L back (5), Turn ½ R stepping R forward (6), Turn ¼ R stepping L side (7)	9:00
&8	Twist R knee in (&), Twist R knee out (8)	12:00
9 – 16	¼ Turn R Step Lock Step, R Shuffle Sweep, Extended Weave	
1 – 2	Turn ¼ R stepping R forward (1), Lock L behind R (2)	3:00
3&4	Step R forward (3), Step L behind R (&), Step R forward & sweep L forward (4)	3:00
5 – 6	Cross L over R (5), Step R to R side (6)	3:00
7&8	Step L behind R (7), Step R to R side (&), Cross L over R (8)	3:00
17 – 24	¼ Turn R Heel Grind, Coaster Step, ¼ Turn L, Step Fwd, Cross Shuffle	
1 – 2	Touch R heel to R side (1), Turn ¼ R twisting toes to R (2)	6:00
3&4	Step R back (3), Step L next to R (&), Step R forward (4)	6:00
5 – 6	Turn ¼ L stepping L forward (5), Turn ½ L stepping R back (6)	9:00

7&8	Cross L over R (7), Step R to R side (&), Cross L over R (8)	9:00
25 – 32	Rock Step, Weave, ¾ Turn L, Coaster Step	
1 – 2	Rock R to R side (1), Recover on L (2)	9:00
3&4	Step R behind L (3), Step L to L side (&), Cross R over L (4)	9:00
5 – 6	Turn ¼ L stepping L forward (5), Turn ½ L stepping R back (6)	12:00
7&8	Step L back (7), Step R next to L (&), Step L forward (8)	12:00
Counts	Footwork Part D 16 Counts	End facing
1 – 8	Heel Drop 2x, Out, Out, Jump, Hold	
1 – 2	Step on R heel diagonally R forward (1), Step down on R (2)	12:00
3 – 4	Step on L heel diagonally L forward (3), Step down on L (4)	12:00
5 – 6	Step R diagonally out to R side (5), Step L out to L side (6)	12:00
7 – 8	Jump feet together (7), Hold (8)	12:00
Arms Styling	Arm Movements that belong the first 8 counts above	
1 – 2	Song Says “hoodie on”, With both fists clenched and thumbs out (as if you’re giving someone a thump’s up), Hold both hand inline with yours ears (thumbs facing back) (1) with hands staying in this position, pull both forward to the front of yours face inline with your eyebrows (2) as if you’re pulling a hood up on your sweater	
3 – 4	song says “sneakers on” – drop the arms down to waist height crossing the right over the left so they’re Infront of you, point both index fingers at your shoes, with the right finger pointing at your left foot, and your left finger point at right foot (3) Uncross your arms (right to right side, left to left side) as if you’re drawing a line on the floor with your fingers (4) keep the arms at waist level and only take them as wide as your hips	
5 – 6	song says “Keys & Phone” – reach your right arm out to the right side (as if reaching to get your keys) (5) Keeping right arm reached out, reach your left arm out to the left side (as if reaching for your phone	
7 – 8	song says “MUSIC” – on count 7 as you bring the feet together, you’re going to bring your arms in, pointing both index fingers to the ceiling. Arms should be straight from the shoulder bending at the elbow, so that your hands are level with your face (7) on count 8 you’re going to clap your hands together (8)	
9 – 16	Shuffle Fwd, Rock Step, Full Pivot Turn L, Coaster Step	
1&2	Step R forward (1), Step L behind R (&), Step R forward (2)	12:00
3 – 4	Cross rock L over R (3), recover on R (4)	12:00
5 – 6	Turn ½ L stepping L forward (5), Turn ½ L stepping R back (6)	12:00
7&8	Step L back (7), Step R next to L (&), Step L forward (8)	12:00