



# Head Shoulders Knees & Toes

Ofenbach & Quarterhead ft.  
Norma Jean Martine

Level: Easy-Intermediate



**Choreographer:** Tina Kipp, Michael Becker  
**Contact:** [email@TinaKipp.de](mailto:email@TinaKipp.de), [mb@rabanna.de](mailto:mb@rabanna.de)  
**Album:** Head Shoulders Knees & Toes

**Duration:** 2:36  
**BPM:** 125  
**Version:** 2

**Sequence:** As follows (Intro A B C D E B C D E A E)

## Intro

Start with left foot right after "I feel it in my ..."

## Part A (32B)

Head & Shoulders	Beat	Feet	Body
	1		Hands aside Head, Palms up, 45° outside
	2		Hands on shoulders with crossed arms
	3		Hands on shoulders with uncrossed arms
	4		Hands on knees (L-L, R-R)
	5		Slap left toe with right hand behind body
	6	RS (LR)	Arms down, hands tight to body
	7	Toe-Heel	Move hands slowly up, keep
	8	Toe-Heel	them on the side of your body
2 Basketball Turn	S(if)		S
HALF SPEED	L	PVT (1/2 R)	R
	2	&	4

Repeat all above once

## Part B (32B)

Spinner	DS DS R H(w)	S
	L R L R <b>turn 1/2 R</b>	L
	&1 &2 & 3	4
Soccer	DS DT UP/H DS RS	
	R L L R L RL	
	&1 & 2 &3 &4	
Slur Vine	DS SLR S(xib) DS DS(xif) DS SLR S(xib) DS RS	
	R L L R L R L L R LR	
	&1 & 2 &3 &4 &5 & 6 &7 &8	

Repeat all above once

## Part C (16B)

2 Slur Basic	DS SLR S(xib) DS RS	
	L R R L RL	
	R L L R LR	
	&1 & 2 &3 &4	
Samantha Pivot	DS DS(xif) DR S(b) DR S(b) R H(w)	S DS RS
turn full R	L R R L L R L R <b>turn 1/1 R</b>	L R LR
	&1 &2 & 3 & 4 & 5	6 &7 &8

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## Part D (32B)

Head & Shoulders

2 Triple

**Repeat all above once**

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## Part E (32B)

Fancy Run                    DS DS(xif) BA(ots) BA(xib) BA S  
turn 1/4 R                    L R                    L                    R                    L R                    turn 1/4 R on beat 3  
                                  &1 &2                    &                    3                    & 4

2 Basic Brush

**Repeat all above three times in a box**

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Part B (32B)                    {Spinner 1/2 R • Soccer • Slur Vine) 2x  
Part C (16B)                    2 Slur Basic • Samantha Pivot 1/1R  
Part D (32B)                    {Head & Shoulders • 2 Triple} 2x  
Part E (32B)                    {Fancy Run 1/4R • 2 Basic Brush} 4x  
Part A (32B)                    {Head & Shoulders • 2 Basketball HALF SPEED} 2x  
Part E (32B)                    {Fancy Run 1/4R • 2 Basic Brush} 4x