

# My Head & My Heart

**COPPER** **KNOB**  
BY STEPHEN HETS

Count: 80

Wand: 2

Ebene: Phrased High Intermediate

Choreograf/in: KLDA (KOR), Kyoyeon An (KOR), Miyeol (KOR) & Young Ok Jang (KOR) -  
December 2020

Musik: My Head & My Heart - Ava Max



Intro : 8 counts

Sequence : A48, B32, A32, A48, B32, A32, Bridge32, B32, A32

[A Part: 48 counts]

**Sec. A1: Walk, Walk, Ball, Cross, Step, 1/2R Pivot, 1/4R Side, Drag**

1 2 Fwd step RF, fwd step LF  
&3 4 1/8 turn left ball RF, cross LF over RF, fwd 1/8 turn right step RF  
5 6 Fwd step LF, pivot 1/2 turn right placing weight on RF (6:00)  
7 8 1/4 turn left step LF to side L, drag RF beside LF (9:00)

**Sec. A2: Weave, Point LF, & Point RF, 1/4R Hook, Step, Spiral, Mambo**

1&2 Step RF behind LF, side LF to L, cross RF over LF  
3&4& Side LF point to L, ball beside RF, side RF point to R, 1/4 turn right turn hook (12:00)  
5 6 Fwd step RF, full turn left keeping the weight on RF  
7&8 Fwd rock LF, recover onto RF, step back on LF (12:00)

**Sec. A3: Step, Lock, Taps, Step, 1/4R Sweep, Cross, Side, Behind, Hitch**

1 2& Fwd step RF (body roll), hold, lock LF behind RF  
3&4& Fwd tap, tap, step RF, 1/4 turn right from sweep back to front LF (3:00)  
5 6 Cross LF over RF, side RF to R  
7 8 Step LF behind RF, hitch RF (3:00)

**Sec. A4: RF Sailor, 3/4L LF Sailor, Out, Out, In, Cross, Unwind Full Turn**

1&2 Cross RF behind LF, step LF to L side, step RF to R side  
3&4 Cross LF behind RF, 3/4 L step RF to R side, step LF to L side (6:00)  
&5&6 Step RF to R side, step LF to L side, step RF beside LF, cross LF over RF  
7 8 Unwind full turn right keeping the weight on LF (6:00)

**Sec. A5: Toe Strut, Toe Strut, Step, 1/2R Sweep, Cross Mambo**

1 2 Fwd touch RF toe, drop heel to floor  
3 4 Fwd touch LF toe, drop heel to floor  
5 6 Fwd step RF, 1/2 turn right from back to front LF (12:00)  
7&8 Rock LF over RF, recover onto RF, step LF to L side (12:00)

**Sec. A6: Toe Strut, Toe Strut, Step, 1/2R Sweep, 1/4L Cross Mambo**

1 2 Fwd touch RF toe, drop heel to floor  
3 4 Fwd touch LF toe, drop heel to floor  
5 6 Fwd step RF, 1/2 turn right LF from back to front LF  
7&8 Rock LF over RF, recover onto RF, 1/4 turn left fwd step (3:00)

[B Part: 32 counts]

**Sec. B1: Walk, Walk, 1/2L Triple turn, Coaster, Together, Applejacks**

1 - 2 Fwd step RF, fwd step LF  
3&4 1/4 turn left side step RF, cross LF over RF, 1/4 turn left step back  
(Option: 1/2 turn left stepping back, 1/2 turn left stepping fwd, 1/2 turn left stepping back)  
5&6& Step back on LF, step RF next to LF, step LF fwd, step RF next to LF

7&8& Twist RF heel in and fan LF toes out R side, return both and toes to center, LF heel in and fan RF toes out L side, return both and toes to center (9:00)

**Sec. B2: Walk, Walk, 1/2L Triple turn, Coaster, Together, Applejacks**

1 2 Fwd step RF, fwd step LF

3&4 1/4 turn left side step RF, cross LF over RF, 1/4 turn left step back

(Option: 1/2 turn left stepping back, 1/2 turn left stepping fwd, 1/2 turn left stepping back)

5&6& Step back on LF, step RF next to LF, step LF fwd, step RF next to LF

7&8& Twist RF heel in and fan LF toes out R side, return both and toes to center, LF Heel in and fan RF toes out L side, return both and toes to center (3:00)

**Sec. B3: Side, Behind, Side, Kick, Ball, Cross, Side, Hold, Ball, Cross Shuffle**

1 2& Step RF to R side, step LF behind RF, step RF to R side

3&4 Kick LF diagonal, ball LF beside RF, cross RF over LF

5 6& Step LF to L side, hold, ball RF beside LF

7&8 Cross LF over RF, step RF to R side, cross LF over RF (3:00)

**Sec. B4: Hip Bump, 1/4L Hip Bump, Side, Drag, Knees Pops**

1&2 Ball RF to side R and bump hip up and down

3&4 1/4 turn left, ball LF to side L and bump hip up and down (12:00)

5 6& Step RF to R side, hold, drag LF next RF

7 8 Pop knees twice (12:00)

[Bridge: 32 counts (12:00)]

**Sec. 1: Walk ,Hold, Drag, Walk ,Hold, Drag**

1234 Fwd step hold RF (3 counts), fwd drag LF beside RF

5678 Fwd step hold LF (3 counts), fwd drag RF beside LF

**Sec. 2: Step Slide, Step Slide**

1234 Step RF beside LF, slide slowly LF to back (3 counts)

5678 Step LF beside RF, slide slowly RF to back (3 counts)

**Sec. 3: Back Sweep, Back Sweep**

1234 Step RF back, sweeping LF slowly from front to back (3 counts)

5678 Step LF back, sweeping RF slowly from front to back (3 counts)

**Sec. 4: 1/8R Step Touch, 1/4L Step Touch, 1/8R Slide RF, 1/4R Slide LF, 1/4R Slide RF,1/4R Slide LF**

1 2 1/8 turn right step RF to R side, touch LF beside RF (4:30)

3 4 1/4 turn left step LF to L side, touch RF beside LF (7:30)

5 6 1/8 turn right slide RF to R side (12:00), 1/4 turn right slide LF to L side (3:00)

7 8 1/4 turn right slide RF to R side (6:00), 1/4 turn right slide LF to L side (9:00)

---