

# Head & Heart

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Hotma Tiarma Purba (INA) & Wandy Hidayat (INA) - September 2021

Musik: My Head & My Heart - Ava Max



## I. FORWARD, ¼ R BACK, SIDE, TOGETHER, SIDE, TOUCH, TOUCH BACK, ½ UNWIND

- 1-2 Step R forward, ¼ turn right step L back (3.00)
- 3-4& Step R to side, hold, close L together
- 5-6 Step R to side, point L forward
- 7-8 Point L back, ½ turn left unwind (9.00)

## II. ½ MONTEREY, FORWARD, KICK, BACK, POINT

- 1-2 Touch R to side, ½ turn right step R beside L
- 3-4 Touch L to side, close L together (3.00)
- 5-6 1/8 Turn left step R forward, kick L diagonal
- 7-8 Step L back, point R to side

**#Restart here on wall 2 & 6 facing 6.00**

## III. FORWARD, ¼ R, SAILOR, KICK BALL CHANGE, CROSS SAMBA

- 1-2 Step R forward, ¼ turn left step L back (6.00)
- 3&4 Cross R behind L, step L to side, step R to side
- 5&6 Kick L diagonal right, step L in place, step R in place
- 7&8 Cross L over R, step R to side, step L in place

## IV. FORWARD, SPIRAL, SHUFFLE, ROCK FORWARD, ¼ L SAILOR

- 1-2 Step R forward, full spiral turn left
- 3&4 Step R forward, close L beside R, step R forward
- 5-6 Rock L forward, recover on R
- 7&8 ¼ Turn left cross L behind R, step R to side, step L to side (3.00)

**Enjoy the dance!!!**

Contact: [hottiepurba@yahoo.com](mailto:hottiepurba@yahoo.com)

---