

Heart Vs Head

Count: 32

Wall: 4

Level: Improver

Choreographer: Lisanne Winters Ledlow - July 2020

Music: This Feeling (feat. Kelsea Ballerini) - The Chainsmokers



#16 count intro, begins on "story" - No tags or restart

S1: [1-8] Forward walks R-L-R, pivot ½, forward R rock, recover L, R coaster

1,2,3,4 Walk R (1), L (2), step R (3), pivot 1/2 onto L (4) (6:00)

5,6,7&8 R rock forward (5), recover L (6), step R back (7), step L next to right (&), step R forward (8) (6:00)

S2: [9-16] Forward rock recover, hook L behind, ½ left unwind, forward rock, recover, R coaster

1,2,3,4 L rock forward (1), recover R (2), hook L behind right (3), unwind 1/2 turn L (4) (12:00)

5,6,7&8 R rock forward (5), recover L (6), step R back (7), step L next to right (&), step R forward (8) (12:00)

S3: [17-24] Left jazz with touch, out, kick, in, cross, unwind 1/2

1,2,3,4 Cross L over right (1), step R back (2), step L to left (3), touch R next to left (4) (12:00)

&5,&6, Step R out (&), L low kick touch out (weight on R) (5), step L in (&), cross R over left (6) (6:00)

7,8 Slow unwind ½ turn L (7-8) (weight to L) (6:00)

S4: [25-32] R Knee roll, L knee roll, hip roll, pivot ½, pivot ¼

1,2, Roll out R knee to right (1), roll L knee to left (2) (6:00)

3,4, Hip roll counter-clockwise (3-4) (weight to L) (6:00)

5,6,7,8 Step R forward (5), pivot ½ onto L (6) (12:00), step R forward (7) (12:00), pivot ¼ onto L (8) (9:00)

Facebook: Get In Line With Lisanne

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