

# My Head & My Heart

COPPER KNOB  
STEPSHEETS

Count: 32

Wall: 4

Level: High Beginner

Choreographer: SoonYoung-Bae (KOR) & JMP (KOR) - November 2020

Music: My Head & My Heart - Ava Max



**Intro : After 8 count (Start on lyrics)**

**Restart : On wall 2 after 16 counts (3:00) , wall 6 after 16 counts (12:00)**

## **S1 (1-8) Prissy Walk (R-L), Ball Press (R-L), Step Lock Step**

1 2 3&4 Walk RF forward slightly crossing over LF (1), Walk LF forward slightly crossing over RF (2), Step RF ball press side rock (3), Recover LF (4), Step RF beside LF (&)  
5&6 7&8 Step LF ball press side rock (5), Recover RF (6), Step LF beside RF (&), Step RF forward (7), Step LF behind cross RF (&), Step RF forward (8)

## **S2 (1-8) Cross Rock, Recover, Shuffle 1/2 Turn Left, Kick, Toe Switch, Together**

1 2 3&4 Rock LF cross over RF (1), Recover RF (2), Shuffle 1/2 turn left step LF forward (3), Step RF beside LF (&), Step LF forward (4)  
5 & 6 & Kick RF forward (5), Step RF in place (&), Point LF side (6), Step LF beside RF (&)  
7 & 8 & Point RF side (7), Step RF beside LF (&), Point LF side (8), Step LF beside RF (&)

## **S3 (1-8) Rock Forward, Recover with Hitch 3/4 Turn Right, Chasse, Samba Cross (L-R)**

1 2 3&4 Rock RF forward (1), Recover LF with hitch 3/4 turn right (2), Step RF side (3), Step LF beside RF (&), Step RF side (4)  
5&6 7&8 Step LF cross over RF (5), Rock RF side (&), Recover LF (6), Step RF cross over LF (7), Rock LF side (&), Recover RF (8)

## **S4 (1-8) Rock Forward, Recover, 1/2 Turn Left Shuffle Forward, Heel Switch, Toe Switch**

1 2 3&4 Rock LF forward (1), Recover RF (2), 1/2 turn left step LF forward (3), Step RF beside LF (&), Step LF forward (4)  
5 & 6 & Heel RF touch forward (5), Step RF back (&), Heel LF touch forward (6), Step LF back (&)  
7 & 8 & Toe RF touch side (7), Step RF beside LF (&), Toe LF touch side (8), Step LF beside RF (&)

### **\*S4 : Option (Hard Version)**

**Rock Forward, Recover, Sailor 1/2 Turn Left, Forward, Step Back 1/2 Turn Right, Shuffle 1/2 Turn Right, Together**

1 2 3&4 Rock LF forward (1), Recover RF (2), Step LF behind RF (3), 1/2 turn left step RF beside LF (&), Step LF forward (4)  
5 6 7&8&& Step RF forward (5), 1/2 turn right step LF back (6), 1/2 turn right step RF forward (7), Step LF beside RF (&), Step RF forward (8), Step LF beside RF (&)

**Have Fun ~~~**

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