

My Head & My Heart

COPPER KNOB
BY STEPHENETS

Count: 32

Wall: 2

Level: Beginner

Choreographer: Laura Rittenhouse (AUS) - May 2023

Music: My Head & My Heart - Ava Max



Start after 8 counts

S1: STEP TO R FWD DIAG, STEP TO L FWD DIAG; STEP BACK ON R, HOOK L, ROCK FWD ON L, RECOVER

1,2,3,4 Step R to R diagonal, Touch L beside R, Step L to L diagonal, Touch R beside L

5,6,7,8 Step R back, Hook L heel across R shin, Rock fwd on L, Recover on R

S2: (REPEAT S1 TO L) STEP TO L FWD DIAG, STEP TO R FWD DIAG; STEP BACK ON L, HOOK R, ROCK FWD ON R, RECOVER

1,2,3,4 Step L to L diagonal, Touch R beside L, Step R to R diagonal, Touch L beside R

5,6,7,8 Step L back, Hook R heel across L shin, Rock fwd on R, Recover on L

S3: WEAWE L & R

1,2,3,4 Cross R over L, Step L to L, Cross R behind L, Touch L to L

5,6,7,8 Cross L over R, Step R to R, Cross L behind R, Touch L to L

S4: WALK BACK 3, HEEL HOOK; WALK FWD 3 TURNING ½ L, HEEL HOOK

1,2,3,4 Walk back R, L, R, Hook L heel across R shin

5,6,7,8 Turn ¼ L stepping L fwd (9:00), Turn ¼ L stepping R back (6:00), Step L back, Hook R heel across L shin