

# My Heart Goes

**COPPER** **KNOB**  
STEPSHEETS

**Count:** 32

**Wall:** 4

**Level:** Intermediate

**Choreographer:** Cameron Stuart (USA) & River Sadlon (USA) - August 2023

**Music:** Head & Heart (feat. MNEK) - Joel Corry



## INTRO: 16 COUNTS

### [1-8]: KICK-BALL-STEP X2, ROCK, RECOVER, TRIPLE 1/2 TURN

- 1&2            1)Kick R forward, &)Step ball of R next to L, 2)Step forward on L  
3&4            3)Kick R forward, &)Step ball of R next to L, 4)Step forward on L  
5-6            5)Rock forward on R, 6)Recover on L  
7&8            7)1/4 turn right stepping on R, &)Step together with L, 8)1/4 turn right stepping on R

### [9-16]: ROCK 1/4 TURN, CROSS TRIPLE STEP, POINT R-L-R, HITCH, STEP

- 1-2            1)Step forward on L, 2) 1/4 turn R shifting weight to R  
3&4            3)Cross L over R, &)Step R to R side, 4)Cross L over R  
5&6&          5)Point R to R side, &)Step R next to L, 6)Point L to L, &)Step L next to R  
7&8            7)Point R to R side, &)Hitch R knee in front, 8)Step R to R side

### [17-24]: SAILOR STEP, BEHIND-SIDE-CROSS, 1/4 TURN X2, BEHIND-SIDE-CROSS

- 1&2            1)Step L behind R, &)Step R to R side, 2)Step L to L side  
3&4            3)Step R behind L, &)Step L to L side, 4)Cross R over L  
5-6            5)Step L to L side making 1/4 turn L, 6)Step forward on R making 1/4 turn L  
7&8            7)Step L behind R, &)Step R to R side, 8)Cross L over R

### [25-32]: DOROTHY STEP X2, MAMBO STEP, COASTER STEP

- 1-2&          1)Step diagonal out with R, 2)Step L behind R, &)Step forward on R  
3-4&          3)Step diagonal out with L, 4)Step R behind L, &)Step forward on L  
5&6            5)Rock forward on R, &)Recover on L, 6)Step back on R  
7&8            7)Step back on L, &)Step R next to L, 8)Step forward on L
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