

Head & Heart

拍数: 32 墙数: 4 级数: Advanced
编舞者: Hiroko Carlsson (AUS) - July 2020
音乐: Head & Heart (feat. MNEK) - Joel Corry : (iTunes)



(16 counts intro)

[S1] Touch Fwd-&Side-&Side-&Heel-&Heel-&Side-&Monterey 1/4R Point

1&2& Touch forward on R, Step R next to L, Touch L to the side, Step L next to R
3&4& Touch R to the side, Step R next to L, L heel forward, Step L next to R
5&6& R heel forward, Step R next to L, Touch L to the side, Step L next to R
7&8 Touch R to the side, Make a 1/4 turn right on ball of L stepping R next to L, Point L to the side (3:00)

[S2] Sailor Step, Cross Rock-Kick-Recover-Behind Rock-Kick-Recover-Cross Rock-1/4R

1&2 Step L behind R, Step R to the side, Step L to the side
3&4& Rock R across L, Recover weight on L, Hop R to the side while kicking L diagonally forward, Recover/step L to the side
5&6& Rock R behind L, Recover weight on L, Hop R to the side while kicking L diagonally forward, Recover/step L to the side
7&8 Rock R across L, Recover weight on L, Make a 1/4 turn right stepping forward on R (6:00)

[S3] Charleston Sequence (L Fwd-L Back-R Back-R In Place-R Fwd-R Back-L Back-L In Place)

1&2& Touch L toe forward (swivel heels in), Recover weight on R (swivel heels out) and flick L to the side, Step back on L (swivel heels in), Keep your weight on L (swivel heels out) and flick R to the side
3&4& Step back on R (swivel heels in), Recover weight on L (swivel heels out) and flick R to the side, Step back on R (swivel heels in), Recover weight on L (swivel heels out) and flick R to the side
5&6& Touch R toe forward (swivel heels in), Recover weight on L (swivel heels out) and flick R to the side, Step back on R (swivel heels in), Keep your weight on R (swivel heels out) and flick L to the side
7&8 Step back on L (swivel heels in), Recover weight on R (swivel heels out) and flick L to the side, Step back on L (swivel heels in)

[S4] Hop-Back Rock, 1/2L Shuffle Back-1/4L-Point, Triple Turn-Fwd

1&2 Rock back on R, Small step/hop on R, Recover weight on L
3&4 Make a 1/2 turn left shuffle back R-L-R (12:00)
&5 Make a 1/4 turn left stepping L to the side, Point R to the side (9:00)
6&7 Make a 1/4 turn right stepping forward on R, Make a 1/4 turn right on the spot stepping L next to R, Make a 1/2 turn on the spot stepping slightly forward on R
8 Step forward on L (9:00)

No Tags or Restarts

The dance finishes at 6:00 o'clock, Pivot 1/2 turn right to the front.

Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)
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