

# Head & Heart

拍数: 64      墙数: 4      级数: Intermediate  
编舞者: Brenda Shatto (USA), Rob Fowler (ES) & I.C.E. (ES) - August 2020  
音乐: Head & Heart (feat. MNEK) - Joel Corry



**Intro: 16 counts (approx. 7 secs) - (No Tags or Restarts)**

**S1: Skate R, Skate L, R Chasse, Cross Rock, Recover, Side L, Hold**

1,2            Skate R, skate L  
3&4            Step R to R side, step L next to R, step R to R side  
5,6,7,8        Cross rock L over R, recover on R, step L to L side, hold (12 o'clock)

**S2: Cross, Side, Sailor ¼ Turn, Step, Bounce Heels x2, Hitch, Back**

1,2            Cross R over L, step L to L side  
3&4            Cross R behind L making ¼ turn R, step L to L side, step R forward (3 o'clock)  
5&6            Step forward L, bounce both heels twice making ½ turn R (weight on L)  
7,8            Hitch R, step back R (9 o'clock)

**S3: Coaster ¼ Turn L, Hold, & Cross, ¼ Turn R, ¼ Turn R, ¼ Cross Samba**

1&2            Step back L, step R next to L, make ¼ turn L stepping L over R (6 o'clock)  
3&4            Hold, step R to R side, cross L over R  
5,6            Make ¼ turn R stepping forward R, make ¼ turn R stepping forward L  
7&8            Make ¼ turn R stepping R over L, rock L to L side, recover on R (to complete a total ¾ turn R) (3 o'clock)

**S4: L Samba, Cross R, Touch L, Sailor ½ Turn L, Side R, Hold**

1&2            Cross L over R, rock R to R side, recover on L  
3,4            Cross R over L, touch L to L side  
5&6            Cross L behind R making ¼ turn L, step R next to L, make ¼ turn L crossing L over R  
7,8            Take a large step R to R side, hold (9 o'clock)

**S5: & Cross, Hitch, Hip Sways, R Sailor, L Behind, Unwind Full Turn**

&1,2            Step L next to R, cross R over L, hitch L  
3&4            Step L to L side swaying hips L, sway hips R, sway hips L  
5&6            Step R behind L, step L to L side, step R to R side  
7,8            Touch L behind R, unwind a full turn L (weight on L) (9 o'clock)

**S6: Side Rock, Recover, Cross Shuffle, Side Rock, Recover, Behind ¼ Step**

1,2            Rock R to R side, recover on L  
3&4            Cross R over L, step L to L side, cross R over L  
5,6            Rock L to L side, recover on R  
7&8            Step L behind R, make ¼ turn R stepping forward R, step forward L (12 o'clock)

**S7: R Heel Grind, & L Heel Grind, & Cross, ¼ Turn, Back, Slide**

1,2            Rock forward on R heel twisting R toe from L to R, recover back on L  
&3,4            Step R next to L, rock forward on L heel twisting L toe from R to L, recover back on R  
&5,6            Step L next to R, cross R over L, make ¼ turn R stepping back L  
7,8            Step back R, slide L up to R (3 o'clock)

**S8: & Step, Touch L, Step, Touch R, Step, ½ Turn, ½ Turn Sweep, Touch**

&1,2            Step L next to R, step forward R, touch L to L side  
3,4            Step forward L, touch R to R side

5,6 Step forward R, pivot  $\frac{1}{2}$  turn L (9 o'clock)

7,8 Keeping weight on L make another  $\frac{1}{2}$  turn L sweeping R, touch R next to L (3 o'clock)

**Start Over**

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