Head & Heart

拍数: 32 **墙数:** 4 **级数:** Beginner

编舞者: Noreen Wall (UK) - November 2020

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

INTRO 16 COUNTS START ON LYRICS

SECTION 1) RIGHT ROCK FORWARD, RIGHT SHUFFLE BACK, LEFT BACK ROCK, RIGHT SHUFFLE FORWARD

1-2	weight on left foot. Rock forward on to right foot (1) recover weight back on to left foot (2)
3&4	step back on right foot (1) step left foot in front of right foot (&) step back on right foot (4)
5-6	rock back on to left foot (5) recover weight on right foot (6)
7&8	step forward on left foot (7) step right foot behind left (&) step forward on left foot (8)

SECTION 2) RIGHT KICK BALL POINT, LEFT KICK BALL POINT, TURNING JAZ BOX TO 3 O' CLOCK.

1&2	kick right foot forward (1) recover weight on to ball of right foot (&) point left foot to left side (2) keep weight on right foot.
3&4	kick left foot forward (3) replace weight on to ball of left foot (&) point right foot to right side (4) keep weight on left foot.
5-6	cross right foot over left (5) step back on left foot (6)
7-8	make a ¼ turn right to 3 o'clock, step on to right foot (7) step on to left foot next to right foot (8)

SECTION 3) STEP OUT RIGHT FOOT, STEP OUT LEFT FOOT, STEP IN RIGHT FOOT, STEP IN LEFT FOOT, STEP OUT RIGHT FOOT, STEP OUT LEFT FOOT, STEP IN RIGHT FOOT, STEP IN LEFT FOOT.

1-2	on slight right diagonal step out forward on right foot (1) step out on slight left diagonal forward on left foot (2)
3-4	step right foot back in (3) step left foot back in (4)
5-6	on slight right diagonal, step out forward on right foot (5) on slight left diagonal, step out on left foot (6)
7-8	step right foot back in (7) step left foot back in (8)

SECTION 4) RIGHT SIDE HOLD AND SIDE, TOUCH, LEFT SIDE HOLD AND SIDE, TOUCH.

1-2-&	step right foot out to right side (1) hold for count (2) step left foot next to right (&)
3-4	step out to right side (4) touch left toe next to right foot (4)
5-6-&	step left foot out to left side (5) hold for count (6) step right foot next to left foot (&)
7-8	step left foot to left side (7) touch right toe next to left foot (8)

Claps can be added on last section step side clap and side clap going right and side clap and side clap going left.

Last Update - 19 Nov 2020-R2