

My Head & My Heart

COPPERKNOB
STEPSHEETS

拍数: 80 墙数: 2 级数: Phrased High Intermediate
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音乐: My Head & My Heart - Ava Max



Intro : 8 counts

Sequence : A48, B32, A32, A48, B32, A32, Bridge32, B32, A32

[A Part: 48 counts]

Sec. A1: Walk, Walk, Ball, Cross, Step, 1/2R Pivot, 1/4R Side, Drag

1 2 Fwd step RF, fwd step LF
&3 4 1/8 turn left ball RF, cross LF over RF, fwd 1/8 turn right step RF
5 6 Fwd step LF, pivot 1/2 turn right placing weight on RF (6:00)
7 8 1/4 turn left step LF to side L, drag RF beside LF (9:00)

Sec. A2: Weave, Point LF, & Point RF, 1/4R Hook, Step, Spiral, Mambo

1&2 Step RF behind LF, side LF to L, cross RF over LF
3&4& Side LF point to L, ball beside RF, side RF point to R, 1/4 turn right turn hook (12:00)
5 6 Fwd step RF, full turn left keeping the weight on RF
7&8 Fwd rock LF, recover onto RF, step back on LF (12:00)

Sec. A3: Step, Lock, Taps, Step, 1/4R Sweep, Cross, Side, Behind, Hitch

1 2& Fwd step RF (body roll), hold, lock LF behind RF
3&4& Fwd tap, tap, step RF, 1/4 turn right from sweep back to front LF (3:00)
5 6 Cross LF over RF, side RF to R
7 8 Step LF behind RF, hitch RF (3:00)

Sec. A4: RF Sailor, 3/4L LF Sailor, Out, Out, In, Cross, Unwind Full Turn

1&2 Cross RF behind LF, step LF to L side, step RF to R side
3&4 Cross LF behind RF, 3/4 L step RF to R side, step LF to L side (6:00)
&5&6 Step RF to R side, step LF to L side, step RF beside LF, cross LF over RF
7 8 Unwind full turn right keeping the weight on LF (6:00)

Sec. A5: Toe Strut, Toe Strut, Step, 1/2R Sweep, Cross Mambo

1 2 Fwd touch RF toe, drop heel to floor
3 4 Fwd touch LF toe, drop heel to floor
5 6 Fwd step RF, 1/2 turn right from back to front LF (12:00)
7&8 Rock LF over RF, recover onto RF, step LF to L side (12:00)

Sec. A6: Toe Strut, Toe Strut, Step, 1/2R Sweep, 1/4L Cross Mambo

1 2 Fwd touch RF toe, drop heel to floor
3 4 Fwd touch LF toe, drop heel to floor
5 6 Fwd step RF, 1/2 turn right LF from back to front LF
7&8 Rock LF over RF, recover onto RF, 1/4 turn left fwd step (3:00)

[B Part: 32 counts]

Sec. B1: Walk, Walk, 1/2L Triple turn, Coaster, Together, Applejacks

1 - 2 Fwd step RF, fwd step LF
3&4 1/4 turn left side step RF, cross LF over RF, 1/4 turn left step back
(Option: 1/2 turn left stepping back, 1/2 turn left stepping fwd, 1/2 turn left stepping back)
5&6& Step back on LF, step RF next to LF, step LF fwd, step RF next to LF

7&8& Twist RF heel in and fan LF toes out R side, return both and toes to center, LF heel in and fan RF toes out L side, return both and toes to center (9:00)

Sec. B2: Walk, Walk, 1/2L Triple turn, Coaster, Together, Applejacks

1 2 Fwd step RF, fwd step LF

3&4 1/4 turn left side step RF, cross LF over RF, 1/4 turn left step back

(Option: 1/2 turn left stepping back, 1/2 turn left stepping fwd, 1/2 turn left stepping back)

5&6& Step back on LF, step RF next to LF, step LF fwd, step RF next to LF

7&8& Twist RF heel in and fan LF toes out R side, return both and toes to center, LF Heel in and fan RF toes out L side, return both and toes to center (3:00)

Sec. B3: Side, Behind, Side, Kick, Ball, Cross, Side, Hold, Ball, Cross Shuffle

1 2& Step RF to R side, step LF behind RF, step RF to R side

3&4 Kick LF diagonal, ball LF beside RF, cross RF over LF

5 6& Step LF to L side, hold, ball RF beside LF

7&8 Cross LF over RF, step RF to R side, cross LF over RF (3:00)

Sec. B4: Hip Bump, 1/4L Hip Bump, Side, Drag, Knees Pops

1&2 Ball RF to side R and bump hip up and down

3&4 1/4 turn left, ball LF to side L and bump hip up and down (12:00)

5 6& Step RF to R side, hold, drag LF next RF

7 8 Pop knees twice (12:00)

[Bridge: 32 counts (12:00)]

Sec. 1: Walk ,Hold, Drag, Walk ,Hold, Drag

1234 Fwd step hold RF (3 counts), fwd drag LF beside RF

5678 Fwd step hold LF (3 counts), fwd drag RF beside LF

Sec. 2: Step Slide, Step Slide

1234 Step RF beside LF, slide slowly LF to back (3 counts)

5678 Step LF beside RF, slide slowly RF to back (3 counts)

Sec. 3: Back Sweep, Back Sweep

1234 Step RF back, sweeping LF slowly from front to back (3 counts)

5678 Step LF back, sweeping RF slowly from front to back (3 counts)

Sec. 4: 1/8R Step Touch, 1/4L Step Touch, 1/8R Slide RF, 1/4R Slide LF, 1/4R Slide RF,1/4R Slide LF

1 2 1/8 turn right step RF to R side, touch LF beside RF (4:30)

3 4 1/4 turn left step LF to L side, touch RF beside LF (7:30)

5 6 1/8 turn right slide RF to R side (12:00), 1/4 turn right slide LF to L side (3:00)

7 8 1/4 turn right slide RF to R side (6:00), 1/4 turn right slide LF to L side (9:00)
