

Head & Heart

拍数: 64 墙数: 2 级数: Phrased High Improver
编舞者: Anggie Sumeh (INA), Anna Williantari (INA) & Mieke Uvilla (INA) - January 2021
音乐: Head & Heart (feat. MNEK) - Joel Corry



DANCE SEQUENCE : A-A - A-A - A-A - A-B - A-A

START DANCE ON VOKAL

Seg A : 32 Counts

S1. SIDE ROCK - BEHIND - SIDE - CROSS - SIDE ROCK - ¼ SAILOR FORWARD

1 - 2 Step R to side, recover on L
3 & 4 Step R cross behind L, Step L to side , step R cross over L
5 - 6 Step L to side, recover on R
7 & 8 Cross L behind turn ¼ Left, step R to side, Step L forward

S2. SIDE ROCK - CROSS - SIDE POINT - CROSS - HOLD - SIDE - CROSS = HOLD

1 - 2 Step R to side, recover on L
3 - 4 Cross R over L , Point L to side
5 - 6 & Cross L over R , Hold, Step R to side
7 - 8 Cross L over R, Hold

S3. SIDE ROCK - CROSS - SIDE POINT - ¼ JAZZ BOX FORWARD

1 - 2 Step R to side, recover on L
3 - 4 Cross R over L , Point L to side
5 - 6 Cross L over R, Step R back Turn ¼ Left
7 - 8 Step L to side, Step R forward

S4. SIDE ROCK - CLOSE - SIDE - CROSS ROCK -- SLIDE - CLOSE

1 - 2& Step L to L side, recover R, Close L beside R
3 - 4 Step R to side, Recover on L
5 - 6 Cross R over L, Recover on L
7 - 8 Long Step R to side Slide L to ward to R, Close L beside R

Seg B : 32 Counts

S1. V STEP - SIDE - TOUCH BEHIND - SIDE - TOUCH BEHIND

1 - 2 Step R forward diagonal to R, Step L forward diagonal to L
3 - 4 Step R back to center, Step L close beside R
5 - 6 Step R to side, Touch L behind R
7 - 8 Step L to side, Touch R behind L

S2. GRAPEVINE ¼ - ROLLINH VINE

1 - 2 Turn ¼ Left Step R to R side, Cross L behind R
3 - 4 Step R to side, Point L to side
5 - 6 ¼ Turn left Step L forward, ½ Turn Left Step R back
7 - 8 ¼ Turn left Step L to side, Point R to side

S3. CROSS - SIDE POINT - ANCHOR STEP

1 - 2 Cross R over L , Point L to L side
3 - 4 Cross L over R , Point R to side
5 & 6 Step R back, Step L in place, Step R in place
7 & 8 Step L back, Step R in place, Step L in place

S4. BACK ROCK - FORWARD - ¼ TURN - ROCKING CHAIR - FLICK

- 1 - 2 Step R back, Recover on L
- 3 - 4 Step R forward, Recover on L
- 5 - 6 ¼ Turn Left Step R forward, Recover on L
- 7 - 8 Step R backward, recover L with flick R

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ENJOY THE DANCE

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