

Head & Heart

COPPER **NOB**
BY STEPHEN

拍数: 32 墙数: 4 级数: Improver
编舞者: Hotma Tiarma Purba (INA) & Wandy Hidayat (INA) - September 2021
音乐: My Head & My Heart - Ava Max



I. FORWARD, ¼ R BACK, SIDE, TOGETHER, SIDE, TOUCH, TOUCH BACK, ½ UNWIND

1-2 Step R forward, ¼ turn right step L back (3.00)
3-4& Step R to side, hold, close L together
5-6 Step R to side, point L forward
7-8 Point L back, ½ turn left unwind (9.00)

II. ½ MONTEREY, FORWARD, KICK, BACK, POINT

1-2 Touch R to side, ½ turn right step R beside L
3-4 Touch L to side, close L together (3.00)
5-6 1/8 Turn left step R forward, kick L diagonal
7-8 Step L back, point R to side

#Restart here on wall 2 & 6 facing 6.00

III. FORWARD, ¼ R, SAILOR, KICK BALL CHANGE, CROSS SAMBA

1-2 Step R forward, ¼ turn left step L back (6.00)
3&4 Cross R behind L, step L to side, step R to side
5&6 Kick L diagonal right, step L in place, step R in place
7&8 Cross L over R, step R to side, step L in place

IV. FORWARD, SPIRAL, SHUFFLE, ROCK FORWARD, ¼ L SAILOR

1-2 Step R forward, full spiral turn left
3&4 Step R forward, close L beside R, step R forward
5-6 Rock L forward, recover on R
7&8 ¼ Turn left cross L behind R, step R to side, step L to side (3.00)

Enjoy the dance!!!

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