Head & Heart



拍數: 32 牆數: 4 級數: Improver

編舞者: Jan Brookfield (UK) - May 2017 音樂: The Head and Heart - David Starr



A gentle two-step style line dance (S,S,QQ,S) Start after 11 secs on vocals.

Section 1: SWAY x 2, SIDE, CLOSE, FORWARD; SWAY x 2, SIDE, CLOSE, FORWARD	
1,2	Step R to right side swaying hips to right, transfer weight onto L swaying hips left
3&4	Step R to right side, close L to R, step R forward
5,6	Step L to left side swaying hips to left, transfer weight onto R swaying hips right
7&8	Step L to left side, close R to L, step L forward
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Section 2: ROCK, RECOVER, COASTER, ROCK, RECOVER, ½ TURN SHUFFLE	
9,10	Rock R forward, recover onto L

13,14 Rock L forward, recover onto R

11&12

15&16 Making a half turn over left shoulder shuffle forward on L,R,L (6 o'clock)

Section 3: STEP, ¼ PIVOT, CROSS SHUFFLE, ROCK SIDE, RECOVER, BEHIND, SIDE, CROSS 17,18 Step R forward, pivot a quarter turn left transferring weight onto L (3 o'clock)

19&20 Shuffle across in front to left side on R,L,R

21,22 Rock L to left side, recover onto R

23&24 Step L behind R, step R to right side, step L across in front of R

Step R back, step L next to R, step R forward

Section 4: ¼ TURN PADDLES x 2, REVERSE SAILOR STEP x 2 (S,S,S,S, QQ,S,QQ,S) Step R to right side, pivot quarter turn left transferring weight onto L Repeat steps for counts 25,26 (now facing 9 o'clock) Step R across in front of L, step back L out to left side, step R out to right side Step L across in front of R, step back R out to right side, step L out to left side

*** TAG NEEDED HERE AFTER WALLS 2 AND 5

*** TAG 4 COUNTS: SIDE, TOUCH, SIDE, TOUCH

1,2,3,4 Step R to right side, touch L next to R; step L to left side, touch R next to L