

Head & Heart

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Brenda Shatto (USA), Rob Fowler (ES) & I.C.E. (ES) - August 2020
音樂: Head & Heart (feat. MNEK) - Joel Corry



Intro: 16 counts (approx. 7 secs) - (No Tags or Restarts)

S1: Skate R, Skate L, R Chasse, Cross Rock, Recover, Side L, Hold

1,2 Skate R, skate L
3&4 Step R to R side, step L next to R, step R to R side
5,6,7,8 Cross rock L over R, recover on R, step L to L side, hold (12 o'clock)

S2: Cross, Side, Sailor ¼ Turn, Step, Bounce Heels x2, Hitch, Back

1,2 Cross R over L, step L to L side
3&4 Cross R behind L making ¼ turn R, step L to L side, step R forward (3 o'clock)
5&6 Step forward L, bounce both heels twice making ½ turn R (weight on L)
7,8 Hitch R, step back R (9 o'clock)

S3: Coaster ¼ Turn L, Hold, & Cross, ¼ Turn R, ¼ Turn R, ¼ Cross Samba

1&2 Step back L, step R next to L, make ¼ turn L stepping L over R (6 o'clock)
3&4 Hold, step R to R side, cross L over R
5,6 Make ¼ turn R stepping forward R, make ¼ turn R stepping forward L
7&8 Make ¼ turn R stepping R over L, rock L to L side, recover on R (to complete a total ¾ turn R) (3 o'clock)

S4: L Samba, Cross R, Touch L, Sailor ½ Turn L, Side R, Hold

1&2 Cross L over R, rock R to R side, recover on L
3,4 Cross R over L, touch L to L side
5&6 Cross L behind R making ¼ turn L, step R next to L, make ¼ turn L crossing L over R
7,8 Take a large step R to R side, hold (9 o'clock)

S5: & Cross, Hitch, Hip Sways, R Sailor, L Behind, Unwind Full Turn

&1,2 Step L next to R, cross R over L, hitch L
3&4 Step L to L side swaying hips L, sway hips R, sway hips L
5&6 Step R behind L, step L to L side, step R to R side
7,8 Touch L behind R, unwind a full turn L (weight on L) (9 o'clock)

S6: Side Rock, Recover, Cross Shuffle, Side Rock, Recover, Behind ¼ Step

1,2 Rock R to R side, recover on L
3&4 Cross R over L, step L to L side, cross R over L
5,6 Rock L to L side, recover on R
7&8 Step L behind R, make ¼ turn R stepping forward R, step forward L (12 o'clock)

S7: R Heel Grind, & L Heel Grind, & Cross, ¼ Turn, Back, Slide

1,2 Rock forward on R heel twisting R toe from L to R, recover back on L
&3,4 Step R next to L, rock forward on L heel twisting L toe from R to L, recover back on R
&5,6 Step L next to R, cross R over L, make ¼ turn R stepping back L
7,8 Step back R, slide L up to R (3 o'clock)

S8: & Step, Touch L, Step, Touch R, Step, ½ Turn, ½ Turn Sweep, Touch

&1,2 Step L next to R, step forward R, touch L to L side
3,4 Step forward L, touch R to R side

5,6 Step forward R, pivot $\frac{1}{2}$ turn L (9 o'clock)

7,8 Keeping weight on L make another $\frac{1}{2}$ turn L sweeping R, touch R next to L (3 o'clock)

Start Over
