

My Head & My Heart

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: High Beginner
編舞者: SoonYoung-Bae (KOR) & JMP (KOR) - November 2020
音樂: My Head & My Heart - Ava Max



Intro : After 8 count (Start on lyrics)

Restart : On wall 2 after 16 counts (3:00) , wall 6 after 16 counts (12:00)

S1 (1-8) Prissy Walk (R-L), Ball Press (R-L), Step Lock Step

1 2 3&4 Walk RF forward slightly crossing over LF (1), Walk LF forward slightly crossing over RF (2),
Step RF ball press side rock (3), Recover LF (4), Step RF beside LF (&)
5&6 7&8 Step LF ball press side rock (5), Recover RF (6), Step LF beside RF (&), Step RF forward
(7), Step LF behind cross RF (&), Step RF forward (8)

S2 (1-8) Cross Rock, Recover, Shuffle 1/2 Turn Left, Kick, Toe Switch, Together

1 2 3&4 Rock LF cross over RF (1), Recover RF (2), Shuffle 1/2 turn left step LF forward (3), Step RF
beside LF (&), Step LF forward (4)
5 & 6 & Kick RF forward (5), Step RF in place (&), Point LF side (6), Step LF beside RF (&)
7 & 8 & Point RF side (7), Step RF beside LF (&), Point LF side (8), Step LF beside RF (&)

S3 (1-8) Rock Forward, Recover with Hitch 3/4 Turn Right, Chasse, Samba Cross (L-R)

1 2 3&4 Rock RF forward (1), Recover LF with hitch 3/4 turn right (2), Step RF side (3), Step LF
beside RF (&), Step RF side (4)
5&6 7&8 Step LF cross over RF (5), Rock RF side (&), Recover LF (6), Step RF cross over LF (7),
Rock LF side (&), Recover RF (8)

S4 (1-8) Rock Forward, Recover, 1/2 Turn Left Shuffle Forward, Heel Switch, Toe Switch

1 2 3&4 Rock LF forward (1), Recover RF (2), 1/2 turn left step LF forward (3), Step RF beside LF (&),
Step LF forward (4)
5 & 6 & Heel RF touch forward (5), Step RF back (&), Heel LF touch forward(6), Step LF back (&)
7 & 8 & Toe RF touch side (7), Step RF beside LF (&), Toe LF touch side (8), Step LF beside RF (&)

*S4 : Option (Hard Version)

Rock Forward, Recover, Sailor 1/2 Turn Left, Forward, Step Back 1/2 Turn Right, Shuffle 1/2 Turn Right,
Together

1 2 3&4 Rock LF forward (1), Recover RF (2), Step LF behind RF (3), 1/2 turn left step RF beside LF
(&), Step LF forward (4)
5 6 7&8& Step RF forward (5), 1/2 turn right step LF back (6), 1/2 turn right step RF forward (7), Step
LF beside RF (&), Step RF forward (8), Step LF beside RF (&)

Have Fun ~~~

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