

# Head & Heart

COPPERKNOB  
STEPPSHEETS

拍數: 64      牆數: 2      級數: Phrased High Improver  
編舞者: Anggie Sumeh (INA), Anna Williantari (INA) & Mieke Uvilla (INA) - January 2021  
音樂: 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**

**Last Update - 24 March 2021-R2**

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