

# Head & Heart

**COPPER** **KNOB**  
BY STEPHEN

拍數: 32      牆數: 4      級數: Improver  
編舞者: Hotma Tiarma Purba (INA) & Wandy Hidayat (INA) - September 2021  
音樂: 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!!!**

**Contact: [hottiepurba@yahoo.com](mailto:hottiepurba@yahoo.com)**

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