

# And My Heart Goes

COPPER KNOB  
STEPSHEETS

拍數: 32      牆數: 4      級數: Advanced  
編舞者: Brett Ruwe (USA) - March 2025  
音樂: Head & Heart (feat. MNEK) - Joel Corry



Intro: 16 counts approx. 7 seconds

## [1 - 8] Kick Ball Step, Rock, Recover, Full Turn R, Kick & Point

1&2      Kick RF forward (1), Step RF next to LF (&), Step LF forward (2)  
3,4      Rock RF forward (3), Recover weight onto LF (4)  
5,6      ½ turn R stepping RF forward (5), ½ turn R stepping LF back (6)  
7&8      Kick RF forward (7), Step RF next to LF (&), Point LF to L side (8)

## [9 - 16] ½ Hitch, ¼ Step, Step Lock Step, Rock & Cross, Slide, Together

1,2      ½ turn L hitching L (1), ¼ turn L stepping LF forward (2)  
3&4      Step RF forward (3), Lock LF behind RF (&), Step RF forward (4)  
5&6      ¼ turn R rocking LF to L side (5), Recover weight onto RF (&), Cross LF over RF (6)  
7,8      Big step RF to R side (7), Step LF next to RF (8)

## [17 - 24] Press Recover, Press Recover, Mambo Step, Hip Bumps

1,2      Press RF forward (1), Step RF next to LF (2)  
3,4      Press LF forward (3), Step LF next to RF (4)  
5&6&      Rock RF forward (5), Recover weight onto LF (&), Step RF to R side (6), Step LF to L side (&)  
7&8      Bump hips L (7), Bump hips R (&), Bump hips L ending with weight on LF (8)

## [25 - 32] ¼ Sweep, Coaster Step, ½ Heel Lift Pivot, Body Roll, Ball Step, Heel Toe, Chest Pop

1,2&      ¼ turn R sweeping RF front to back (1), Step RF back (2), Step LF next to RF (&)  
3&4&      Step RF forward (3), Lift both heels beginning ½ turn L (&), Finish ½ turn L placing heels back down (4), Begin body roll pushing chestforward (&)  
5&6&      Finish body roll placing weight onto LF (5), Step RF behind LF (&), Step LF forward (6), Swivel R heel towards LF (&)  
7&8      Swivel R toe towards LF (7), Start body roll up (&), Finish body roll up ending weight on LF (8)

Email [groovyruwe@gmail.com](mailto:groovyruwe@gmail.com) for any help or concerns!