

Head & Heart

LINEDANCE.COM

Count: 64

Wall: 4

Level: Intermediate

Choreographer: Brenda Shatto & Rob Fowler & I.C.E. (August 2020)

Music: Joel Corry - Head & Heart (feat. MNEK) [2m 47s - BPM: 128 (approx.)]

`.nodisplay { display:none; }`

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[7M8@<77M7][2020/08/06 23:15:32][37818914751446]Skate R, skate L

3&4[7M8@<77M7][2020/08/06 23:15:32][37818914751446]Step R to R side, step L next to R, step R to R side

5,6,7,8[7M8@<77M7][2020/08/06 23:15:32][37818914751446]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[7M8@<77M7][2020/08/06 23:15:32][37818914751446]Cross R over L, step L to L side

3&4[7M8@<77M7][2020/08/06 23:15:32][37818914751446]Cross R behind L making ¼ turn R, step L to L side, step R forward (3 o'clock)

5&6[7M8@<77M7][2020/08/06 23:15:32][37818914751446]Step forward L, bounce both heels twice making ½ turn R (weight on L)

7,8[7M8@<77M7][2020/08/06 23:15:32][37818914751446]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[7M8@<77M7][2020/08/06 23:15:32][37818914751446]Step back L, step R next to L, make ¼ turn L stepping L over R (6 o'clock)

3&4[7M8@<77M7][2020/08/06 23:15:32][37818914751446]Hold, step R to R side, cross L over R

5,6[7M8@<77M7][2020/08/06 23:15:32][37818914751446]Make $\frac{1}{4}$ turn R stepping forward R, make $\frac{1}{4}$ turn R stepping forward L

7&8[7M8@<77M7][2020/08/06 23:15:32][37818914751446]Make $\frac{1}{4}$ turn R stepping R over L, rock L to L side, recover on R (to complete a total $\frac{3}{4}$ turn R) (3 o'clock)

S4: L Samba, Cross R, Touch L, Sailor $\frac{1}{2}$ Turn L, Side R, Hold

1&2[7M8@<77M7][2020/08/06 23:15:32][37818914751446]Cross L over R, rock R to R side, recover on L

3,4[7M8@<77M7][2020/08/06 23:15:32][37818914751446]Cross R over L, touch L to L side

5&6[7M8@<77M7][2020/08/06 23:15:32][37818914751446]Cross L behind R making $\frac{1}{4}$ turn L, step R next to L, make $\frac{1}{4}$ turn L crossing L over R

7,8[7M8@<77M7][2020/08/06 23:15:32][37818914751446]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[7M8@<77M7][2020/08/06 23:15:32][37818914751446]Step L next to R, cross R over L, hitch L

3&4[7M8@<77M7][2020/08/06 23:15:32][37818914751446]Step L to L side swaying hips L, sway hips R, sway hips L

5&6[7M8@<77M7][2020/08/06 23:15:32][37818914751446]Step R behind L, step L to L side, step R to R side

7,8[7M8@<77M7][2020/08/06 23:15:32][37818914751446]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[7M8@<77M7][2020/08/06 23:15:32][37818914751446]Rock R to R side, recover on L

3&4[7M8@<77M7][2020/08/06 23:15:32][37818914751446]Cross R over L, step L to L side, cross R over L

5,6[7M8@<77M7][2020/08/06 23:15:32][37818914751446]Rock L to L side, recover on R

7&8[7M8@<77M7][2020/08/06 23:15:32][37818914751446]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[7M8@<77M7][2020/08/06 23:15:32][37818914751446]Rock forward on R heel twisting R toe from L to R, recover back on L

&3,4[7M8@<77M7][2020/08/06 23:15:32][37818914751446]Step R next to L, rock forward on L heel twisting L toe from R to L, recover back on R

&5,6[7M8@<77M7][2020/08/06 23:15:32][37818914751446]Step L next to R, cross R over L, make ¼ turn R stepping back L

7,8[7M8@<77M7][2020/08/06 23:15:32][37818914751446]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[7M8@<77M7][2020/08/06 23:15:32][37818914751446]Step L next to R, step forward R, touch L to L side

3,4[7M8@<77M7][2020/08/06 23:15:32][37818914751446]Step forward L, touch R to R side

5,6[7M8@<77M7][2020/08/06 23:15:32][37818914751446]Step forward R, pivot ½ turn L (9 o'clock)

7,8[7M8@<77M7][2020/08/06 23:15:32][37818914751446]Keeping weight on L make another ½ turn L sweeping R, touch R next to L (3 o'clock)

Start Over

90:B>9909

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=144287