

Head & Heart

Count: 32

Wall: 4

Level: Advanced

Choreographer: Hiroko Carlsson (AUS) - July 2020

Music: Head & Heart (feat. MNEK) - Joel Corry : (iTunes)



(16 counts intro)

[S1] Touch Fwd-&-Side-&-Side-&-Heel-&-Heel-&-Side-&-Monterey 1/4R Point

- 1&2& Touch forward on R, Step R next to L, Touch L to the side, Step L next to R
- 3&4& Touch R to the side, Step R next to L, L heel forward, Step L next to R
- 5&6& R heel forward, Step R next to L, Touch L to the side, Step L next to R
- 7&8 Touch R to the side, Make a 1/4 turn right on ball of L stepping R next to L, Point L to the side (3:00)

[S2] Sailor Step, Cross Rock-Kick-Recover-Behind Rock-Kick-Recover-Cross Rock-1/4R

- 1&2 Step L behind R, Step R to the side, Step L to the side
- 3&4& Rock R across L, Recover weight on L, Hop R to the side while kicking L diagonally forward, Recover/step L to the side
- 5&6& Rock R behind L, Recover weight on L, Hop R to the side while kicking L diagonally forward, Recover/step L to the side
- 7&8 Rock R across L, Recover weight on L, Make a 1/4 turn right stepping forward on R (6:00)

[S3] Charleston Sequence (L Fwd-L Back-R Back-R In Place-R Fwd-R Back-L Back-L In Place)

- 1&2& Touch L toe forward (swivel heels in), Recover weight on R (swivel heels out) and flick L to the side, Step back on L (swivel heels in), Keep your weight on L (swivel heels out) and flick R to the side
- 3&4& Step back on R (swivel heels in), Recover weight on L (swivel heels out) and flick R to the side, Step back on R (swivel heels in), Recover weight on L (swivel heels out) and flick R to the side
- 5&6& Touch R toe forward (swivel heels in), Recover weight on L (swivel heels out) and flick R to the side, Step back on R (swivel heels in), Keep your weight on R (swivel heels out) and flick L to the side
- 7&8 Step back on L (swivel heels in), Recover weight on R (swivel heels out) and flick L to the side, Step back on L (swivel heels in)

[S4] Hop-Back Rock, 1/2L Shuffle Back-1/4L-Point, Triple Turn-Fwd

- 1&2 Rock back on R, Small step/hop on R, Recover weight on L
- 3&4 Make a 1/2 turn left shuffle back R-L-R (12:00)
- &5 Make a 1/4 turn left stepping L to the side, Point R to the side (9:00)
- 6&7 Make a 1/4 turn right stepping forward on R, Make a 1/4 turn right on the spot stepping L next to R, Make a 1/2 turn on the spot stepping slightly forward on R
- 8 Step forward on L (9:00)

No Tags or Restarts

The dance finishes at 6:00 o'clock, Pivot 1/2 turn right to the front.

Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)

(updated: 29/Jul/20)