



Head & Heart

Choreographers: Brenda Shatto & Rob Fowler & I.C.E. – August 2020

Counts: 64 - Walls: 4 - Level: Intermediate (No Tags or Restarts)

Music: Head & Heart by Joel Corry feat MNEK - 2m 47s

BPM: 128 (approx.) - Intro: 16 counts (approx. 7 secs)

S1	Skate R, Skate L, R Chasse, Cross Rock, Recover, Side L, Hold	
1,2	Skate R, skate L	
3&4	Step R to R side, step L next to R, step R to R side	
5,6,7,8	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	Cross R over L, step L to L side	
3&4	Cross R behind L making ¼ turn R, step L to L side, step R forward	(3 o'clock)
5&6	Step forward L, bounce both heels twice making ½ turn R (weight on L)	
7,8	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	Step back L, step R next to L, make ¼ turn L stepping L over R	(6 o'clock)
3&4	Hold, step R to R side, cross L over R	
5,6	Make ¼ turn R stepping forward R, make ¼ turn R stepping forward L	
7&8	Make ¼ turn R stepping R over L, rock L to L side, recover on R (to complete a total ¾ turn R)	(3 o'clock)
S4	L Samba, Cross R, Touch L, Sailor ½ Turn L, Side R, Hold	
1&2	Cross L over R, rock R to R side, recover on L	
3,4	Cross R over L, touch L to L side	
5&6	Cross L behind R making ¼ turn L, step R next to L, make ¼ turn L crossing L over R	
7,8	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	Step L next to R, cross R over L, hitch L	
3&4	Step L to L side swaying hips L, sway hips R, sway hips L	
5&6	Step R behind L, step L to L side, step R to R side	
7,8	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	Rock R to R side, recover on L	
3&4	Cross R over L, step L to L side, cross R over L	
5,6	Rock L to L side, recover on R	
7&8	Step L behind R, make ¼ turn R stepping forward R, step forward L	(12 o'clock)



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S7 **R Heel Grind, & L Heel Grind, & Cross, ¼ Turn, Back, Slide**
1,2 Rock forward on R heel twisting R toe from L to R, recover back on L
&3,4 Step R next to L, rock forward on L heel twisting L toe from R to L, recover back on R
&5,6 Step L next to R, cross R over L, make ¼ turn R stepping back L
7,8 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 Step L next to R, step forward R, touch L to L side
3,4 Step forward L, touch R to R side
5,6 Step forward R, pivot ½ turn L (9 o'clock)
7,8 Keeping weight on L make another ½ turn L sweeping R, touch R next to L (3 o'clock)

Start Over