

And My Heart Goes

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Advanced
编舞者: Brett Ruwe (USA) - March 2025
音乐: 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 chest forward (&)
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 for any help or concerns!