

# MY HEAD & MY HEART

**Level:** Easy Intermediate      **Genre:** Dance  
**Artist** Ava Max      Album: Heaven & Hell  
**Choreo:** Jodie Bignell  
**Speed:** Normal      **Length:** 2.54  
**Sequence:** A, B, Ch, C, A, B, CH, C, BREAK, CH, C, END  
**Wait:** 8 Beats

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## Quick Cues

### Part A (32 beats)

8 Long Jazz Box  
8 Crazy Step (**angle L**)  
8 **2** Slur Basic (**L & R**)  
8 Crazy Step (**angle R**)

### Part B (16 beats)

4 Joey  
4 Karate (**1/2 R**)  
4 Joey (**Rft**)  
4 Karate (**1/2 L**)

### Chorus (32 beats)

16 **2** Bonanza Flap (**L & R**)  
8 **2** Rocking Rock  
8 Samantha Turkey

### Part C (32 beats)

32 **4** Venus Turn (**1/4 L ea**)

### Part A (32 beats)

8 Long Jazz Box  
8 Crazy Step (**angle L**)  
8 **2** Slur Basics (**L & R**)  
8 Crazy Step (**angle R**)

### Part B (16 beats)

4 Joey  
4 Karate (**1/2 R**)  
4 Joey (**Rft**)  
4 Karate (**1/2 L**)

## Quick Cues

### Chorus (32 beats)

16 **2** Bonanza Flap (**L & R**)  
8 **2** Rocking Rock  
8 Samantha Turkey

### Part C (32 beats)

32 **4** Venus Turn (**1/4 L ea**)

### Break (32 beats)

8 **2** Stepping Vine (**L & R**)  
4 Stepping Jazz Box  
4 Step Cross Chain  
4 Stepping Jazz Box (**Rft**)  
4 Step Cross Chain (**Rft**)  
8 **4** Basketball Turn (**1/4 R ea**)

### Chorus (32 beats)

16 **2** Bonanza Flap (**L & R**)  
8 **2** Rocking Rock  
8 Samantha Turkey

### Part C (32 beats)

32 **4** Venus Turn (**1/4 L ea**)

### END (1 beat)

1 Step (**OTS**)



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## Step Definitions for My Head & My Heart

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### LONG JAZZ BOX:

T-H(OTS) T-H(XIF) T-H(BK) T-H(OTS) T-H(XIF) T-H(BK) T-H(OTS) T-H(BS)  
L L R R L L R R L L R R L L R R  
&1 & 2 & 3 & 4 & 5 & 6 & 7 & 8

### CRAZY STEP:

[DS DS DS-DR/K SL] (FWD) RS DS RS K/DR-SL DS(OTS) SLR-S(XIB) DS RS  
L R L L/R L RL R LR L/R R L R R L RL  
&1 &2 &3 & 4 &5 &6 &7 & 8 &1 & 2 &3 &4

### SLUR BASIC:

### JOEY:

DS BA(XIB) BA(OTS) BA(OTS) BA(XIB) BA(BS) S  
L R L R L R L R  
&1 & 2 & 3 & 4

### KARATE:

DS-PVT(1/2 L)/K H (P) S K H  
L L /R L R L R  
&1 & 2 & 3 & 4

### BONANZA FLAP:

DS DS(XIF) DT H DT H DS(XIB) R(OTS) S(XIF) DR/LIFT-H-FL(OTS) S  
L R L R L R L R L /R R R L  
&1 &2 & 3 & 4 &5 & 6 & 7 & 8

### ROCKING ROCK:

DS R(XIB) S R(OTS) S R(XIB) S  
L R L R L R L  
&1 & 2 & 3 & 4

### SAMANTHA TURKEY:

DS DS(XIF) DR S(BK) DR S(BK) R H-FL BA(XIB) R(OTS) H-FL S(XIB)  
L R R L L R L R R L R L L R  
&1 &2 & 3 & 4 & 5 & 6 & 7 & 8

### VENUS TURN:

DS(OTS) SLR-S(XIB) [R S(OTS)] (1/4 L) SLR-S(XIB) R S(OTS) BR H TCH(XIF) H DS  
L R R L R L L R L R L R L R  
&1 & 2 & 3 & 4 & 5 & 6 & 7 & 8

### STEPPING VINE:

(P) S(OTS) (P) S(XIB) (P) S(OTS) (P) TCHH(OTS)  
L R L R  
& 1 & 2 & 3 & 4

### STEPPING JAZZ BOX:

(P) S (P) S(XIF) (P) S(XIB) (P) S(BS)  
L R L R  
& 1 & 2 & 3 & 4

### STEP CROSS CHAIN:

(P) S(XIF) R(XIB) S(XIF) R(XIB) S(XIF) R(XIB) S(XIF)  
L R L R L R L  
& 1 & 2 & 3 & 4

### BASKETBALL TURN:

(P) S(FWD) PVT(1/2 R) S  
L L R

### STEP:

(P) S  
L  
& 1

& 1

&

2