

# On My Mind

Count: 64

Wand: 2

Ebene: Intermediate

Choreograf/in: Nathan Gardiner (SCO) - August 2017

Musik: On My Mind - Disciples



## Intro: 16 counts

### S1: ¼ R, ½ R, ¼ R Chasse, Cross, Side R, Sailor ¼ L

- 1-2 ¼ R stepping forward on R, ½ R stepping back on L  
3&4 ¼ R stepping R to R side, Step L next to R, Step R to R side  
5-6 Cross L over R, Step R to R side  
7&8 Step L behind R, ¼ R stepping R to R side, Step forward on L

### S2: Pivot ½ R, ½ R, Coaster Step, Skate Forward L & R, Diagonal Shuffle

- 1-2 Pivot ½ R, ½ R stepping back on L  
3&4 Step back on R, Step L next to R, Step forward on R  
5-6 Skate forward on L, Skate forward on R  
7&8 Step L to L diagonal, Step R next to L, Step L to L diagonal

### S3: Cross Rock, Recover, Chasse R, Touch Across, Point, Sailor ¼ L

- 1-2 Cross rock R over L, Recover on L  
3&4 Step R to R side, Step L next to R, Step R to R side  
5-6 Touch L across R, Point L to L side  
7&8 Step L behind R, ¼ L stepping R to R side, Step L to L side

### S4: Tap with Hip Bumps R & L, Rock Forward, Recover, ½ R, ¼ R

- 1-2 Tap R toe forward bumping hips forward, Step slightly forward on R  
3-4 Tap L toe forward bumping hip forward, Step slightly forward on L  
5-6 Rock forward on R, Recover on L  
7-8 ½ R stepping forward on R, ¼ R stepping L to L side

### S5: Behind, Side L, Cross Shuffle, Hip Sways L, R, L, R

- 1-2 Step R behind L (styling: as you step behind pop L knee forward), Step L to L side  
(styling: as you step to L side pop R knee forward)  
3&4 Cross R over L, Step L to L side, Cross R over L  
5-6 Step L to L side swaying hips to L side, Sway hips to R side  
7-8 Sway hips to L side, Sway hips to R side

### S6: Behind Side Cross, Monterey ¼ R, Kick Ball Touch, Hip Bumps

- 1&2 Step L behind R, Step R to R side, Cross L over R  
3-4 Point R to R side, ¼ R stepping R next to L  
5&6 Kick L forward, Step L next to R, Touch R toe slightly forward  
7-8 Bump R hip forward, Bump R hip back to centre

### S7: R Lock, R Lock Step, L Lock Step, Step Pivot ¼ L

- 1-2 Step forward on R, Lock L behind R  
3&4 Step forward on R, Lock L behind R, Step forward on R  
5&6 Step forward on L, Lock R behind L, Step forward on L  
7-8 Step forward on R, Pivot ¼ L

### S8: Jazz Box Cross ¼ R, Side Rock, Recover, Cross Rock, Recover

- 1-2 Cross R over L, ¼ R stepping back on L

3-4 Step R to R side, Cross L over R  
5-6 Rock out to R side, Recover on L  
7-8 Cross rock R over L, Recover on L

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