

Blow My Mind

Count: 32

Wand: 2

Ebene: Beginner / Improver

Choreograf/in: Marika Eriksen (SWE) - July 2024

Musik: Blow My Mind - Sabina Ddumba & Mr Eazi



Intro: Dance starts as Sabina Ddumba starts singing

[1-8] Touch and step diagonally fwd x2, Touch and step diagonally back x2

- 1-2 RF touch and step diagonally forward
- 3-4 LF touch and step diagonally forward
- 5-6 RF touch and step diagonally back
- 7-8 LF touch and step diagonally back

[9-16] RF touch fwd, LF touch fwd, RF fwd, Heel twist, rock fwd, coaster step

- 1&2 Touch RF toe slightly fwd, RF step beside LF, touch LF toe slightly forward
- &3 LF step beside RF, RF step forward, weight on both LF and RF
- &4 On balls of feet Twist both heels to R, Twist both heels back to centre (weight ends on LF)
- &5-6 RF step next to LF, LF rock forward, recover on RF
- 7&8 LF step back, RF step beside LF, LF step forward

[17-24] Pivot turn ¼ to L x2, weave to R

- 1-2 RF rock forward at 12:00, Recover on LF turning to 09:00
- 3-4 RF rock forward at 09:00, Recover on LF turning to 06:00
- 5-6& RF step to R, LF cross step behind RF, RF step to R
- 7-8 LF cross step over RF, RF step to R

[25-32] V steps starting with LF, Two big steps to L

- 1-2 LF step diagonally L fwd, RF step to R side
- 3-4 LF step back to centre, RF step next to LF
- 5-6 LF big step to L, RF step next to LF
- 7-8 LF big step to L, RF step next to LF

Restart after 16 counts on wall 2 and 9

Remember to have fun!