

# Mind Over Matter

Count: 48

Wand: 4

Ebene: Intermediate

Choreograf/in: Cindi Talbot (CAN)

Musik: Intuition - Jewel



## **KICK STEP CROSS, KICK STEP POINT, KICK STEP POINT, SAILOR ¼ TURN**

- 1&2 Kick right forward, step right in place, cross left over right  
3&4 Kick right forward, step right in place, point left toe to left side (bend knees)  
5&6 Kick left forward, step left in place, point right toe out to right side (bend knees)  
7&8 Sailor step right-left-right making ¼ turn right

## **SHUFFLE HITCH ½, SHUFFLE, ROCKS FORWARD & BACK & ½ TURN STEP**

- 9&10& Shuffle forward left-right-left, hitch right knee making ½ turn right  
11&12 Shuffle forward right-left-right  
13&14& Rock forward on left, recover right, rock back on left, recover on right  
15&16 Step forward on left, pivot ½ turn right(weight on right), step forward left

## **STEP BEHIND & CROSS SHUFFLE, ROCK RECOVER, PADDLE ½ TURN**

- 17-18 Step right to right, step left behind right  
& Step right to right  
19&20 Shuffle left-right-left across right  
21-22 Rock right to right, recover on left  
23&24& Touch right to right, pivot ¼ turn left as you hitch right knee, touch right to right side, pivot ¼ turn left as you hitch right knee

## **WALK WALK TWISTS FORWARD & BACK, STEP HITCH, COASTER**

- 25& Step forward right as you twist heels in, twist heels out  
26& Step forward on left as you twist heels in, twist heels out  
27& Touch right forward as you twist heels in, twist heels out  
28& Touch right back as you twist heels in, twist heels out  
29-30 Step forward right, hitch left knee pivoting ½ turn right  
31&32 Back coaster left-right-left

## **TOUCH HITCH CROSS, SHOULDER SHRUGS (TWICE), TOUCH BACK ½ TURN**

- 33&34 Touch right to right side, hitch right knee, cross right over left  
35&36 Lean body left, pushing left shoulder down, up, down  
37&38 Lean body right, pushing right shoulder down up down  
39-40 Touch left toe behind right foot, pivot ½ turn left putting weight on left

## **SIDE SHUFFLE ¼, SHUFFLE ¼, SIDE SHUFFLE ¼, SHUFFLE ¼**

- 41&42 Side shuffle right-left-right making ¼ turn left  
43&44 Shuffle left-right-left ¼ turn left  
45&46 Side shuffle right-left-right making ¼ turn left  
47&48 Shuffle left-right-left ¼ turn left

**REPEAT**