

One Track Mind

Count: 32

Wall: 4

Level: Intermediate

Choreographer: Ed Lawton (UK) & Johnathan Montgomery

Music: One Track Mind - Eric Clapton



WALK TWICE, TRIPLE FULL TURN, BACK BACK, TRIPLE ½ TURN

- 1-2 Walk forward on right, walk forward on left
3&4 Make a ½ turn left stepping back on right, make ½ turn left stepping forward on left, lunge forward on to right
5-6 Step back on left, step back on right
7&8 Shuffle back on left, right, left making a ½ turn left

Restart here on wall 4

KICKING JAZZ BOX TOUCH HOLD, 2 SAILOR STEP ½ TURN HITCH

- 1&2 Kick right forward, step right over left, step back on left
&3-4 Step right to right side, step left over right, touch right toe to right side
5&6 Step right behind left, step left to left side, step right to right side
&7&8 Step left behind right, step right to right, step left to left side, make a ½ turn right on left foot hitching right

ROCK TRIPLE TWICE

- 1-2 Step right to right side, rock onto left
3&4 Step right behind left, step left to left side, step right over left
5-6 Step left to left side, rock onto right
7&8 Step left behind right, step right to right, step left over right

¼ TURN TOUCH TWICE, STEP TOUCH, SAILOR ¼ TURN, ½ PIVOT

- 1-2 Make a ¼ turn left touch right toe to right, make a ¼ turn left touch right toe to right
3-4 Step forward on right, touch left toe to left side
5&6 Step left behind right, step right to right side, make a ¼ turn left stepping forward on left
7-8 Step forward on right, pivot ½ turn left

REPEAT

RESTART

Restart on wall 4 after count 8
