

# 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**