

Change Your Mind

Count: 64

Wall: 4

Level: Intermediate

Choreographer: Mary Garner (UK)

Music: Change Your Mind - Westlife



RIGHT SHUFFLE FORWARD, LEFT SHUFFLE FORWARD, ROCK STEP, COASTER STEP

- 1&2 Step forward on right, step left next to right, step forward on right
- 3&4 Step forward on left, step right next to left, step forward on left
- 5-6 Rock forward on right, recover on left
- 7&8 Step back on right, step left next to right, step forward on right

STEP ¼ TURN, CROSS SHUFFLE, 2X ¼ TURNS, MAMBO STEP

- 1-2 Step forward on left, pivot ¼ turn right
- 3&4 Cross left over right, step right next to left, cross left over right
- 5-6 Step back on right turning ¼ left, step forward on left turning ¼ left
- 7&8 Rock forward on right, recover on left, step right next to left

CROSS POINTS TWICE, CROSS, SIDE, SAILOR ¼ TURN

- 1-2 Cross left over right, point right to right side
- 3-4 Cross right over left, point left to left side
- 5-6 Cross left over right, step right to right side
- 7&8 Sweep left round turning ¼ left, step right next to left, step left next to right

TOE STRUTS RIGHT AND LEFT, ROCKING CHAIR

- 1-2 Touch right toes forward, step down on right
- 3-4 Touch left toes forward, step down on left
- 5-6 Rock forward on right, recover on left
- 7-8 Rock back on right, recover on left

GRAPEVINE RIGHT, GRAPEVINE LEFT (OPTIONAL ROLLING VINES)

- 1-2 Step right to right side, step left behind right
- 3-4 Step right to right side, touch left next to right
- 5-6 Step left to left side, step right behind left
- 7-8 Step left to left side, touch right next to left

MONTEREY ¼ TURNS RIGHT TWICE

- 1-2 Touch right to right side, step right next to left turning ¼ right
- 3-4 Touch left to left side, step left next to right
- 5-6 Touch right to right side, step right next to left turning ¼ right
- 7-8 Touch left to left side, step left next to right

WALKS FORWARD, ROCK AND CROSS, SIDE, BEHIND, CHASSE LEFT

- 1-2 Walk forward on right, walk forward on left
- 3&4 Rock right to right side, recover on left, cross right over left
- 5-6 Step left to left side, step right behind left
- 7&8 Step left to left side, step right next to left, step left to left side

CROSS ROCK, SHUFFLE ¼ TURN, STEP ½ TURN, STEP, TOUCH

- 1-2 Rock right over left, recover on left
- 3&4 Step right to right side, step left next to right, step right to right side turning ¼ right
- 5-6 Step forward on left, pivot ½ turn to right

7-8

Step forward on left, touch right next to left

REPEAT

RESTART

On the 4th wall dance the first 8 counts and then restart the dance from the beginning. There are no restarts if the dance is done to the alternative pieces of music
