

# One Track Mind

**COPPER** **KNOB**  
BY STEPSHEETS

**Compte:** 64

**Mur:** 2

**Niveau:** Intermediate



**Chorégraphe:** Alan Birchall (UK) - March 2014

**Musique:** I'm a Freak (feat. Pitbull) - Enrique Iglesias : (CD: Single or Album - Sex & Love / Explicit or That's What I Call Music 87 / Clean)

**Released At LDF Manchester 2014**

**Start: On Lyrics - Seconds: 22 - Counts: 16 From Start Of Beat - BPM: 128**

## **KICK FRONT, SIDE, SAILOR STEP, CROSS, SIDE, BEHIND ¼**

1-2 Kick Right Foot Slightly Across Left, Kick Right Foot To Right  
3&4 Cross Right Behind Left, Step Left To Left, Step Right In Place  
5-6 Cross Left Over Right, Step Right To Right  
7-8 Step Left Behind Right, Making ¼ Turn Right Step Forward On Right 3:00

## **STEP ¼ , CROSS SHUFFLE, KICK BALL CROSS X2**

9-10 Step Forward On Left, ¼ Pivot Right 6:00  
11&12 Cross Left Over Right, Step Right To Right, Cross Left Over Right  
13&14 Kick Right Foot Forward, Step Back On Right, Cross Left Over Right  
15&16 Kick Right Foot Forward, Step Back On Right, Cross Left Over Right

## **ROCK, RECOVER, BEHIND, SIDE, CROSS, HEEL SWITCHES, TOUCH BACK, UNWIND ½**

17-18 Rock Right To Right, Recover On Left  
19&20 Cross Right Behind Left, Left To Left, Cross Right Over Left  
&21&22 Step Back On Left, Touch Right Heel Forward, Step Right By Left, Touch Left Heel Forward  
&23-24 Step Left By Right, Touch Right Toe Back, Unwind ½ Turn Right 12:00

## **ROCK, RECOVER, FULL TRIPLE TURN, CROSS, SIDE, BEHIND, UNWIND ½**

25-26 Rock Forward On Left, Recover On Right  
27&28 Full Triple Turn Left Stepping Left Right Left 12:00

### **Alt: Coaster Step**

29-30 Cross Right Over Left, Step Left To Left  
31-32 Cross Right Behind Left, Unwind ½ Turn Right 6:00

**Dance Finishes Here During 7th Wall - Simply Unwind A Full Turn To Finish Facing 12:00**

## **CROSS ROCK, RECOVER, SIDE SHUFFLE, CROSS, SIDE, ¼ SAILOR TURN**

33-34 Cross Rock Left Over Right, Recover On Right  
35&36 Step Left To Left, Right By Left, Step Left To Left  
37-38 Cross Right Over Left, Step Left To Left  
39&40 Cross Right Behind Left, Making ¼ Turn Right Stepping Left By Right, Step Right In Place 9:00

## **STEP ½ PIVOT, STEP ¼ PIVOT, CROSS, BACK, SIDE, CROSS**

41-42 Step Forward On Left, ½ Pivot Right 3:00  
43-44 Step Forward On Left, ¼ Pivot Right 6:00  
45-46 Cross Left Over Right, Step Back On Right  
47-48 Step Left To Left, Cross Right Over Left

## **½ MONTEREY TURN, POINT ¼ TWIST, ROCK, RECOVER, ¾ TRIPLE TURN**

49-50 Point Left To Left, Making ½ Turn Left Stepping Left By Right 12:00  
51-52 Point Right To Right, Twisting Right Heel Left Make ¼ Turn Right 3:00  
53-54 Rock Forward On Left, Recover On Right

55&56            ¾ Triple Turn Left Stepping Left Right Left 6:00

**ROCK, RECOVER, FULL TRIPLE TURN, ROCK, RECOVER, COASTER STEP**

57-58            Rock Forward On Right, Recover On Left

59&60            Full Triple Turn Right Stepping Right Left Right 6:00

**Alt: Coaster Step**

61-62            Rock Forward On Left, Recover On Right

63&64            Step Back On Left, Step Right By Left, Step Forward On Left 6:00

**Alt: Full Triple Turn Left**

**START AGAIN**

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