

Pak Van Mijn Hart (Load Off My Mind)

COPPERKNOB
BYEPOSTETS

拍数: 32 墙数: 4 级数: Improver
编舞者: Edwin P Napitu (NL) - December 2014
音乐: Pak Van Mijn Hart - Nick & Simon



Intro: 16 counts

CHASSE, BACK ROCK, PIVOT 1/4 TURN R, CROSS SHUFFLE

1 & 2 Step R to right side, step L next to R, step R to right side
3 – 4 Rock L behind R, recover on R
5 – 6 Step L forward, pivot 1/4 turn right
7 & 8 Cross L over R, step R to right side, cross L over R

SIDE ROCK, SAILOR STEP, SAILOR 1/2 TURN L STEP, PIVOT 1/4 TURN L

1 – 2 Rock R to right side, recover on L
3 & 4 Cross R behind L, step L to left side, step R to right side
5 & 6 Cross L behind R, 1/2 turn left step R next to L, step L forward
7 – 8 Step R forward, pivot 1/4 turn left

JAZZ BOX ¼ TURN R, CROSS, POINT, CROSS SHUFFLE

1 – 2 Cross R over L, step L to left side
3 – 4 1/4 turn right/step R to right side, cross L over R
5 – 6 Cross R over L, point L to left side
7 & 8 Cross L over R, step R to right side, cross L over R

SIDE ROCK, BEHIND SIDE CROSS, HELL, HEEL, BEHIND SIDE CROSS

1 – 2 Rock R to right side, recover on L
3 & 4 Cross R behind L, step L to left side, cross R over L
5 – 6 Heel L twice diagonal forward
7 & 8 Cross L behind R, step R to right side, cross L over R

Restart : During 2nd & 5th wall (after 24 counts), during 8th wall (after 20 counts)□

Just Dance & Have Fun!□□

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