

# U In My Mind

拍数: 48                      墙数: 2                      级数: Phrased Improver  
编舞者: Manullang Benedikta Manna (INA) - July 2017  
音乐: Picture of You - Boyzone



Intro music 32 counts

Dance sequence : AAB – A, A(16cts) – AB – AAB – Tag – AAA

(Part A 32 counts)

A 1: □ WALK FORWARD , JAZZ BOX CROSS

1 – 4                      Walk forward on R – L – R – L

5 – 8                      Cross R over L – step L back – step R back diagonally – cross L over R

A 2: □ STEP TOUCHES , PIVOT ½ LEFT, BACK ROCK WITH BODY SWING

1 – 2                      R step back – touch L forward

3 – 4                      L step next to R – touch R to side

5 – 6                      R step forward – ½ turn left weight on L ( 6:00)

7 – 8                      Rock back on R – recover on L

(note : on count 7, turn upper body to right as you look behind your shoulder)

A 3: □ V-STEP , SIDE ROCKS

1 – 2                      Step R fwd diagonally right – step L fwd diagonally left

3 – 4                      Step R back to centre – step L next to R

5 – 6                      Rock R to side (body angle to diagonal left) – step R next to L

7 – 8                      Rock L to side (body angle to diagonal right) – step L next to R

A 4: □ BACK MAMBO , MODIFIED FWD ROCK

1 & 2                      Rock R behind L – recover on L – step R next to L

3 & 4                      Rock L behind R – recover on R – step L next to R

5 – 6&                      R rock fwd – recover on L – step R next to L

7 & 8                      L rock fwd – recover on R – step L next to R

(Part B 16 counts)

B 1: □ SIDE , TOGETHER, SIDE, HITCH, SIDE, TOGETHER , ¼ TURN LEFT, HITCH

1 – 4                      Step R to side – step L next to R – step R to side – hitch L knee

5 – 8                      Step L to side – step R next to L – turn ¼ left step L fwd – hitch R knee (9:00)

B 2: □ SIDE , TOGETHER, SIDE, HITCH, SIDE, TOGETHER , ¼ TURN LEFT, HITCH

1 – 4                      Step R to side – step L next to R – step R to side – hitch L knee

5 – 8                      Step L to side – step R next to L – turn ¼ left step L fwd – hitch R knee (6:00)

Tag : 4 counts tag

1 – 4                      Step R fwd – pivot ½ left – step R fwd – pivot ½ left

Ending : □ Dance part A up to 16counts , then turn ½ left to face front and pose

ENJOY THE DANCE !!

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