

# She's On My Mind

COPPERKNOB  
STEPSHEETS

拍数: 64      墙数: 2      级数: Advanced  
编舞者: Gemma Ridyard (UK) - August 2017  
音乐: She's On My Mind - JP Cooper



(1 Tag end of wall 1 + 1 hold)

## S1: Cross Back drag, ball cross shuffle, swivel ½ ½, run around full turn L sweep

1 2&      Cross LF over RF, big step back RF, close LF to RF  
3&4      cross RF over LF, step LF to L side, cross RF over LF  
5-6      swivel ½ turn L, swivel ½ turn R (weight ends on RF)  
7&8      run around full turn L, stepping LRL, finishing sweeping RF from back to front  
(optional arm R sweeps round a long side R to at shoulder height, index finger pointed forward)

## S2: Cross ¼ ¼, heel & heel, step ½ step, full turn forward

1&2      Cross RF over LF, make a ¼ turn R step LF back, make a ¼ turn R step RF to R side  
&3&4      flick L heel to L side, replace L heel, flick R heel to R side, replace heel  
5-6      facing 7:30 step LF forward to diagonal, pivot ½ turn R, step LF forward (1;30)  
7-8      Turn ½ turn L step RF back, turn ½ turn L step LF forward  
(optional styling knees bending out and in)

## S3: Ball Close cross, 3x twists L, hitch, step (hold or arm styling), step half cross

&1 2      step RF to R side, close LF next to RF, cross RF over LF  
3&4      twist both heels L, twist both toes L, twist both heels L as you hitch up R knee  
5-6      step RF to R side (bring both hands to prayer) hold (twist hands as if rubbing together R fingers finish facing L side towards L wrist, L fingers finish facing R towards R wrist)  
7&8      step L forward pivot ½ turn R, weight on R, cross LF over RF

## S4: Rock Hips forward, back, forward, back, and then syncopated hip rocks (optional arms)

1-2      Rock R hip forward (reaching R arm to side) rock L hip back (reach L arm to L side)  
3-4      Rock R hip forward (reaching R & L arm down) rock L hip back (reach L & R arm above head )  
5&6&      quick rocks, R hip forward (5) L hip back (&) R hip forward (6) L hip back (&)  
7&8&      R hip forward (7) L hip back (&) R hip forward (8) L hip back (&)  
(optional styling both arms drizzle down body) angling towards(7:30)

## S5: ¼ diamond turn L, step ½ step, ½ ½, boogie walks

1&2      cross LF over RF, step RF to R side, step LF behind R  
3&4      make a 1/8 turn L cross RF behind LF, step LF to LF side, make an 1/8turn L step RF forward (5:30)  
5&6      step LF forward pivot ½ turn R, transfer weight to RF ,step LF forward  
7&8&      turn a ½ turn L step RF back, turn ½ turn L step LF forward, walk R, walk L (boogie walks)

## S6: Cross, side rock cross, drag, cross ¼, ¼ point & point

1&2&      cross RF over LF, rock LF to L side, replace weigh to RF, cross LF over RF  
3 4      step RF big step to R side, dragging LF toward RF L toes lifted  
&5 6      close LF to RF, cross RF over LF, make a ¼ turn R step LF back  
&7&8      ¼ turn R close RF next to LF, point L toe to L side, step LF next to RF, point R toe to R side  
(Wall 3: Bridge – close RF next to LF HOLD 2 counts)

## S7: Body Roll L x 2, side hold heel lift, ½ hinge hold heel lift

1 2&      step LF to L side beginning a body roll head to toes, continue body roll closing RF to L, step LF to L side

- 3 4 step LF to L side beginning a body roll head to toes, continue body roll closing RF to L, step LF to L side
- 5&6 step RF to R side, lift both heels, replace both heels
- 7&8 Hinge ½ turn R stepping LF to L side, lift both heels, replace both heels

**S8: Hitch close point touch, scuff hitch step, syncopated jazz boxes, samba ¼ turn**

- 1&2& hitch R knee, step RF next to LF, point L toe to L side, touch L toe next to R
- 3&4 scuff LF forward, hitch L knee, step LF forward to L diagonal
- 5&6& cross RF over LF, make a ¼ turn R step LF back, step RF to R side, step LF forward
- 7&8 cross RF over LF, make a ¼ turn R rocking LF to L side, step RF to R side

**Tag: end of wall 1**

**Ball step, knee twist, body roll, cross out out, strobe arms**

- &1 2 step ball on LF next to RF, step RF to R side twisting R knee in towards L, twist R knee out
- 3-4 closing RF next to LF body roll over 2 counts, weight finishing on RF
- 5&6 cross LF over RF, step RF back, step LF to L side
- 7&8& arms forward in front of face R arm behind L making an X shape, switch arms forward in front of face L arm behind R making an X shape, R hand to R shoulder L hand to L shoulder, throw R arm to R side L arm to L side as you step RF to R side
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