

Got My Mind Set

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Easy Intermediate
编舞者: Pauline Greenwood (AUS) - April 2018
音乐: Got My Mind Set On You - George Harrison : (Album: Cloud Nine - 3:54)



Position: Feet Together Weight On Left Foot - (Clockwise Rotation)
Dance Starts After 16 Count Intro. On The Word 'Set' (6 Secs)

[1-8] K STEP.

1 2 Step R forward R45, Touch L toe beside R,
3 4 Step L back to centre, Touch R toe beside L,
5 6 Step R back to R45, Touch L toe beside R,
7 8 Step L forward, Touch R toe beside L (option- to clap hands on touches)

[9-16] GRAPEVINE TOUCH, GRAPEVINE QUARTER SCUFF.

1 2 Step R to R side, Step L behind R,
3 4 Step R to R side, Touch L toe beside R,
5 6 Step L to L side, Step R behind L,
7 8 Turn 1/4L and step L forward, Scuff R forward. (9.00)

[17 – 24] 4 X STEP SCUFF TURN HALF

1 2 Turn 1/8L stepping R forward, Scuff L forward, (7.30)
3 4 Turn 1/8L stepping L forward, Scuff R forward, (6.00)
5 6 Turn 1/8L stepping R forward, Scuff L forward, (4.30)
7 8 Turn 1/8L stepping L forward, Scuff R forward. (3.00) (option to swing arms forward)

[25- 32] V STEP, X3 HIP BUMPS, TOGETHER.

1 2 Step R to R45, Step L to L45,
3 4 Step R back to centre, Step L beside R,
5 Bump R hip to R side bending and inverting L knee,
6 Bump L hip to L side bending and inverting R knee,
7 8 Bump R hip to R side bending and inverting L knee, Weight on L.

REPEAT IN A CLOCKWISE ROTATION

TAGS: At the end of walls 3, 8 and 13 there is a 12 count Tag. (9.00)

Make 3 x right quarter turn Reggae steps. (6.00)

1 2 Step R across L, Turn 1/4R stepping L back,
3 4 Step R to R side, Step L beside R.

At the end of wall 5 (12.00) and 11 (3.00) there is a 4 count tag. 1 Reggae step without the turn.