Got My Mind Together

拍数: 64   墙数: 2   级数: Improver

编舞者: Ethel Prime (AUS) - September 2020

音乐: Just When I Got My Mind Together (My Body Fell Apart) - The Bellamy Brothers

Start on Vocals

(1-8) SIDE, TOGETHER, FORWARD, HOLD, SIDE. TOGETHER, BACk, HOLD.

1-4   Step R to R side, step L next to R, step R forward. Hold.

5-8   Step L to L side, step R next to L, step back on L. Hold

(9-16) STEP R TO R SIDE, RECOVER, CROSS, HOLD, COASTER STEP.

1-4   Step R to R side, recover on L, cross R over L. Hold

5-8   Step back on L, step R beside L, step L forward. Hold.

(17-24) STEP, STEP L BEHIND, STEP R TO R SIDE, CROSS , ½ TURN R MONTEREY.

1-4   Step R to R side, step L behind R, step R to R side, cross L over R.

5-8   Point R to R side, ½ pivot turn R. step R next to L, point L to L side, step L beside R. (6.00)

(25-32) BACK, SWEEP, BACK, SWEEP, ROCK BACK, RECOVER, KICK & STEP.

1-6   Walk back on R, sweep L behind R, walk back on L, sweep R behind L. Step back on R, recover on L.

7&8   Kick R forward, step slightly back on R, step L beside R.

(33-40) WALK, SWEEP, WALK SWEEP, CROSS. SIDE ROCK, RECOVER, STEP.

1-4   Walk forward on R, sweep L to L side, walk forward on L, sweep R to R side,

5-8   Cross R over L, step L to L side, recover on R, step L next to left R.

(41-48 STEP. PIVOT ¼ TURN L, CROSS, HOLD, SWAY, SWAY. SWAY, HOLD

1-8   step R forward, pivot ¼ L, Cross R over L, Hold, Sway L to L side, sway R, sway L, Hold. (3.00)

(49-56) SIDE, BEHIND, ¼ PIVOT TURN,.ROCKING CHAIR.

1-4   Step R to R side, step L behind R, ¼ pivot turn R, step L forward.

5-8   Rock forward on R, recover on L, rock back on R, recover on L

(57-64 WALK, WALK, JAZZ BOX.

1-8   Walk forward on R, Hold, walk forward on L. Hold, Cross R over L, step L back, step R to R side, step L forward.

TAG: at the end of wall 1, 2, & 5. 4 counts - sway, sway

At the end of wall 3. Start on Instrumental - 8 counts 4 sways

ENDING: Dance the 1st 18 counts, then 1/4 turn R, 1/4 R stepping L to L side.

Thank You Anne for advising me about the music.

Updated 10th October 2020

Last Site Update - 30 Oct. 2020