

Mind Over Matter (We Makin' Love)

COPPER **NOB**
BY STEPHEN

拍数: 32 墙数: 4 级数: Improver
编舞者: Melanie Cheever (USA) - February 2023
音乐: Mind Over Matter - Anthony Ramos



Intro: 16 counts - No tags or restarts

Sway Rock, Behind, ¼ Turn Step, Step, Kick, Step, Step, ¼ turn Step, Touch

1,2 Step R to right and sway hips right, Recover on L with sway left
3&4 Step R behind L, Turn ¼ left stepping L forward, Step R forward (9:00)
5&6 Kick L low forward, Step L forward, Step R forward
7,8 Turn ¼ right stepping L to left, Touch R next to L (12:00)

¼ Turn Walk, Walk, Shuffle, ¼ Paddle, ¼ Paddle

1,2 Turn ¼ right stepping R forward, Step L forward (3:00)
3&4 Step R forward, Step L forward, Step R forward
5,6,7,8 Touch ball of L forward, Push off with L turning ¼ right, repeat counts 5, 6 (9:00)
(Put your hips into the paddle. Remember: We Makin' Love! Lead with your L hip in a counterclockwise loop for each paddle. Your weight shifts from L to R to L to R.)

Cross, Side, Sailor Step, Weave: Cross, Side, Behind, ¼ Turn Step

1,2 Cross L in front of R, Step R to right
3&4 Step L behind R, Step R to right, Step L to left
5,6,7,8 Cross R in front of L, Step L to left, Cross R behind L, Turn ¼ left stepping L forward (6:00)

Step, ¼ Turn Bounce, ¼ Turn Bounce, Kick, Walk, Walk, Walk, ¼ Turn Hitch

1,2,3,4 Step R forward, Bounce heels with weight on R while turning ¼ left, Repeat count 2 keeping weight back on R, Kick L low forward with slight lean back (12:00)
5,6,7,8 Walk forward L, R, L, Turn ¼ left while swinging R knee into a hitch (9:00)

Thank you! Thank you! Thank you to Cody Flowers for your suggestions and help with this dance. :^}
Have fun with it.
Get lost in the music...the moment.

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Last Update: 5 Feb 2023