

Blow My Mind

拍数: 32 墙数: 2 级数: Beginner / Improver
编舞者: Marika Eriksen (SWE) - July 2024
音乐: Blow My Mind - Sabina Ddumba & Mr Eazi



Intro: Dance starts as Sabina Ddumba starts singing

[1-8] Touch and step diagonally fwd x2, Touch and step diagonally back x2

1-2 RF touch and step diagonally forward
3-4 LF touch and step diagonally forward
5-6 RF touch and step diagonally back
7-8 LF touch and step diagonally back

[9-16] RF touch fwd, LF touch fwd, RF fwd, Heel twist, rock fwd, coaster step

1&2 Touch RF toe slightly fwd, RF step beside LF, touch LF toe slightly forward
&3 LF step beside RF, RF step forward, weight on both LF and RF
&4 On balls of feet Twist both heels to R, Twist both heels back to centre (weight ends on LF)
&5-6 RF step next to LF, LF rock forward, recover on RF
7&8 LF step back, RF step beside LF, LF step forward

[17-24] Pivot turn ¼ to L x2, weave to R

1-2 RF rock forward at 12:00, Recover on LF turning to 09:00
3-4 RF rock forward at 09:00, Recover on LF turning to 06:00
5-6& RF step to R, LF cross step behind RF, RF step to R
7-8 LF cross step over RF, RF step to R

[25-32] V steps starting with LF, Two big steps to L

1-2 LF step diagonally L fwd, RF step to R side
3-4 LF step back to centre, RF step next to LF
5-6 LF big step to L, RF step next to LF
7-8 LF big step to L, RF step next to LF

Restart after 16 counts on wall 2 and 9

Remember to have fun!