

On My Mind

拍数: 32 墙数: 4 级数: Improver cha cha
编舞者: Vivienne Scott (CAN) & Fred Buckley (CAN)
音乐: Arizona on My Mind - Jake Mathews



STEP FORWARD ON DIAGONAL, CROSS ROCK, SIDE SHUFFLE, CROSS ROCK, SIDE STEP ¼ TURN

1 Step right forward on right diagonal
2-3 Cross rock left over right, recover on right
4&5 Step left to left side, close right beside left, step left to left side
6-7 Cross rock right over left, recover on left
8 Step right to right side ¼ turn right

FORWARD SHUFFLE, PIVOT TURN, ½ TURN SHUFFLE, TOE STEP ½ TURN

9&10 Step left forward, close right beside left, step left forward
11-12 Step right forward, pivot ½ turn left
13&14 Step right forward ¼ turn left, close right beside left, step right back ¼ turn left
15-16 Touch left toe behind, turn ½ left stepping down on left

CROSS ROCK, SWEEP, ANCHOR STEP, SWEEP

17-18 Cross rock right over left, recover on left

Bend knees, like a curtsy, for styling

19-20 Sweep right around and behind left, step on it
21-22 Rock on left in place, recover on right
23-24 Sweep left around and behind right, step on it

SHUFFLE FORWARD, ROCK RECOVER, ½ TURN SHUFFLE, SWAYS

25&26 Step right forward, close left beside right, step right forward
27-28 Rock forward on left, recover on right
29&30 Step left back ½ turn left, close right beside left, step left forward
31-32 Step sway right to right side, sway left

REPEAT

RESTART

For "Arizona On My Mind" only, On 7th wall (2nd time you face the back wall) dance first 12 counts, then start again. You will be facing the 3:00 wall when you restart

RESTART

For "Hey You" only, On 5th wall dance first 24 counts, then start again
