

# Heart And Mind

**COPPER KNOB**  
STEPPERS

拍数: 0                      墙数: 4                      级数: Intermediate  
编舞者: Mark Cook (UK)  
音乐: If You Ever Feel Like Lovin' Me Again - Clay Walker



Sequence: AAB, AABC, ABC  
Dedicated to my wife, Christine, with love

## PART A. (48 COUNTS)

### CROSS, STEP BACK, SHUFFLE BACK, STEP BACK, ½ TURN, COASTER

1-2                      Cross left over right, step back onto right  
3&4                      Shuffle back, left, right, left  
5-6                      Step back onto right, make ½ turn over right shoulder, keep weight on left  
7&8                      Step right back, step left next to right, step forward onto right

### CROSS, STEP BACK, SHUFFLE BACK, STEP BACK, ½ TURN, COASTER

9-10                      Cross left over right, step back onto right  
11&12                      Shuffle back, left, right, left  
13-14                      Step back onto right, make ½ turn over right shoulder, keep weight on left  
15&16                      Step right back, step left next to right, step forward onto right

### CROSS, VINE RIGHT, HIP SWAYS

17-18                      Cross left over right, step right to right side.  
19&20                      Step left behind right, step right to right side, cross left over right  
21-22                      Step right to right side, and sway hips to the right, sway hips to the left  
23-24                      Sway hips to the right, sway hips to the left

### UNWIND ¾ TURN, SHUFFLE, PIVOT TURNS

25-26                      Cross right behind left, unwind ¾ over right shoulder  
27&28                      Shuffle forward, left, right, left  
29-30                      Step forward on right make ½ turn over left shoulder  
31-32                      Step forward on right make ¼ turn over left shoulder

### ROCK, COASTER, PIVOT TURNS

33-34                      Rock forward onto right, recover weight to left  
35&36                      Step back on right, step left next to right, step forward onto right  
37-38                      Step forward onto left, make ½ turn over right shoulder  
39-40                      Step forward onto left, make ¼ turn over right shoulder.

### LEFT VINE, SHUFFLE ½ TURN, ROCK, SAILOR

41-42                      Step left to left side, step right behind left  
43&44                      Shuffle left, making ½ turn over left shoulder  
45-46                      Rock right to right side, recover weight to left  
47&48                      Step right behind left, step left to left side, step right to right side

## PART B. (24 COUNTS)

### SKATE FORWARD, SHUFFLE ¼ TURN, PIVOTS

1-2                      Skate forward on left, skate forward on right  
3&4                      Side shuffle, left, right, left, making ¼ turn to left  
5-6                      Step forward onto right, pivot ½ turn over left shoulder, keeping weight on right  
7-8                      Step back onto left, make a ¼ turn over left shoulder, keeping weight on left

**CROSS ROCKS, SKATE FORWARD, SHUFFLE ¼ TURN**

- 9&10 Cross right over left, recover weight onto left, place right next to left  
11&12 Cross left over right, recover weight onto right, place left next to right  
13-14 Skate forward onto right, skate forward onto left  
15&16 Side shuffle right, left, right, making ¼ turn to the right

**PIVOTS, CROSS ROCKS**

- 17-18 Step forward onto left, pivot ½ turn over right, keeping weight on left  
19-20 Step back onto right, turn ¼ over right shoulder, keeping weight on right  
21&22 Cross left over right, recover weight onto right, step left next to right  
23&24 Cross right over left, recover weight onto left, step right next to left

**PART C (16 COUNTS)****CROSS POINT, POINT LEFT, SAILOR ¼ TURN, PIVOT TURNS**

- 1-2 Point left over right, point left to left side  
3&4 Step left behind right, step right to right side, make ¼ turn to left step forward on left  
5-6 Step forward onto right, pivot ½ turn over left shoulder  
7-8 Step forward onto right, pivot ¼ turn over left shoulder

**CROSS POINT, POINT LEFT, SAILOR ¼ TURN, PIVOT TURNS**

- 9-10 Point right over left, point right to right side  
11&12 Cross right behind left, step left to left side, make ¼ turn to right, step forward on right  
13-14 Step forward onto left, pivot ½ turn over right shoulder  
15-16 Step forward onto left, pivot ¼ turn over right shoulder
-