

Only In Your Mind

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Intermediate
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音乐: In Your Mind - Anggun



Intro: 16 Counts after vocals "It's only in your mind". (00:12)

§1: R SIDE, MOVE SHOULDERS BACK-FWD-BACK, TOGETHER, L SIDE, MOVE SHOULDERS BACK-FWD-BACK, MAMBO ½ R

12&3 Step R to R, with body weight on centered: move your both shoulders back-fwd-back
456&7 Step R beside L, step L to L, with body weight on centered: move your both shoulders back-fwd-back
8&1 Rock R fwd, recover L, ½ R step R fwd [6:00]

§2: MAMBO ¼ L, BEHIND SIDE CROSS, SIDE AND HIP BUMP L-R-L-R

2&3-4&5 Rock L fwd, recover R, ¼ L step L to L [3:00] Step R behind L, step L to L, cross R over L
6781 Step L to L bump hip to L-R-L-R

§3: CROSS SHUFFLE, R SIDE ½ L CROSS R, UNWIND FULL L, L FWD, STEP LOCK R FWD

2&3 Cross L over R, step R beside L, cross L over R
4&5 Rock R to R, ½ L step L to L, cross R over L [9:00]
678&1 Unwind full L, step L fwd, step R fwd, lock L behind R, step R fwd [9:00]

§4: L FWD, PIVOT ¼ R, L CROSS, R-L ROCK RECOVER CROSS, R COASTER STEP

2&3 Rock L fwd, pivot ¼ R, cross L over R [12:00]
4&56&7 Rock R to R, recover L, cross R over L, rock L to L, recover R, cross L over R
8&1 Step R back, step L beside R, step R fwd

§5: (ROCK FWD AND HIP BUMP) X 3, R FWD, PIVOT ½ L, R FWD

2&34&5 Rock L fwd hip Bump L-R-L, rock R fwd hip bump R-L-R
6&78&1 Rock L fwd hip bump L-R-L, step R fwd, pivot ½ L, step R fwd [6:00]

§6: (ROCK FWD AND HIP BUMP) X 2, L FWD, ¼ L, HIP BUMP L

2&34&5 Rock L fwd hip bump L-R-L, rock R fwd hip bump R-L-R
6781 Step L fwd, ¼ L step R to R, step L to L hip bump L***, bump hip R [3:00]

*** TAG 2: Add the below tag 2 on wall 3 facing 3:00:

§1: HIP BUMP X 3, R-L AND HOLD

12345678 Hip bump R-L-R, hold, hip bump L-R-L, hold

§2: ¼ R, L FWD, PIVOT ½ R, WALK L-R, PIVOT ¼ L, CROSS R, L SIDE

1234 ¼ R step R fwd, step L fwd, pivot ½ R, step L fwd [12:00]
5678 Step R fwd, pivot ¼ L, cross R over L, step L to L [9:00]

§3: MOVE UPPER BODY AND HOLD

1234 With body weight on centered and bent kness, move upper body R-L-R, hold
5678 Weight on centered and move your upper body L-R-L, hold

§4: ¼ R, L FWD, PIVOT ½ R, WALK L-R, UNWIND FULL L, L FWD, R SIDE

1234 ¼ R step R fwd, step L fwd, pivot ½ R, step L fwd [6:00]
5678 Step R fwd, unwind full L, step L fwd, step R to R [6:00]

§5: REPEAT COUNTS 12345678 OF §3 OF TAG. [6:00]

§6: ROUND HIP COUNTER CLOCKWISE, TOGETHER, ROLL BODY

1234 With body weight on center - round hip L-back-R (cc/w), step R L
5678 Roll body back-down-fwd-up. When you down your body, slowly bend both knees, and when you up your body, slowly straightened both knees.

§7: REPEAT COUNTS 2&3&5&6&7&8&1 OF §5 ABOVE. [9:00]

§8: REPEAT COUNTS 2&3&5&6&7&8 OF §6 ABOVE. [6:00]

Repeat!

TAG 1: End of wall 1 facing 6:00.

§1: REPEAT COUNTS 12&3&4&5&6&7&8&1 OF §1 ABOVE. [12:00]

§2: L FWD, PIVOT ½ R, L FWD, TOUCH R DIAGONAL FWD AND BEND KNEE, HIP BUMP R-L-R-L

2&3 Step L fwd, pivot ½ R, step L fwd [6:00]

4 Touch R toe diagonal fwd, slightly bend knees and body weight L, rise your both arms above your head and make a diamond shape

5&6&7&8 Still weight L, bump hip R-L-R-L

ENDING:

On wall 5 wall, dance up to count 3 of §6, replace the hip bump R-L-R with step R fwd, pivot ½ L, step R to R and pose! facing 12:00.
