

On My Mind

COPPERKNOB
STEP SHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Wes Smith (USA) - November 2011
音乐: On My Mind - Cody Simpson



[1-8] Side, together, cross, ¼ turn, ½ turn, rock, recover, coaster step

1&2 Step R to R side, step L next to R, cross R over L
3-4 ¼ turn R stepping back on L, ½ turn R stepping forward on R
5-6 Rock forward on L, recover back on R
7&8 Step back on L, step R next to L, step forward on L

[9-16] Side rock, recover, cross, side rock, recover, front, heels out & in, back, back, ½ turn

1&2 Rock R out to R side, recover back on L, step R across front on L
3&4 Rock L out to L side, recover back on R, step L in front of R
&5 Swivel heels out and in
6,7,8 Step back on L, step back on R, ½ turn L stepping forward on L

[17-24] Walk, ¾ spiral turn, side shuffle, jazz box ½ turn

1-2 Step forward on R, make ¾ turn L keep weight on R & hooking L across R
3&4 Step L to L side, step R next to L, step L to L side
5,6,7,8 Jazz box ½ turn R stepping R across L, ¼ turn R stepping back on L, step R to R side, step forward on L making ¼ turn R

[25-32] R sailor step, L sailor step with ¼ L, ball rock, recover, L sailor with ½ turn L

1&2 Step R behind L, step L to L side, step forward on R
3&4 Step L behind R, step R to R side, step forward on L making ¼ turn L
&5-6 Step R next to L, rock L out to L side, recover back on R
7&8 Step L behind R, make ¼ turn L stepping on R, make ¼ turn L stepping on L

Contact - Email: wes61469@comcast.net
