

# One Track Mind

COPPER KNOB  
BY SHEETS

拍数: 64      墙数: 2      级数: Intermediate  
编舞者: Alan Birchall (UK) - March 2014  
音乐: I'm a Freak (feat. Pitbull) - Enrique Iglesias : (CD: Single or Album - Sex & Love /  
Explicit or That's What I Call Music 87 / Clean)



Released At LDF Manchester 2014

Start: On Lyrics - Seconds: 22 - Counts: 16 From Start Of Beat - BPM: 128

## KICK FRONT, SIDE, SAILOR STEP, CROSS, SIDE, BEHIND ¼

1-2            Kick Right Foot Slightly Across Left, Kick Right Foot To Right  
3&4            Cross Right Behind Left, Step Left To Left, Step Right In Place  
5-6            Cross Left Over Right, Step Right To Right  
7-8            Step Left Behind Right, Making ¼ Turn Right Step Forward On Right 3:00

## STEP ¼ , CROSS SHUFFLE, KICK BALL CROSS X2

9-10            Step Forward On Left, ¼ Pivot Right 6:00  
11&12            Cross Left Over Right, Step Right To Right, Cross Left Over Right  
13&14            Kick Right Foot Forward, Step Back On Right, Cross Left Over Right  
15&16            Kick Right Foot Forward, Step Back On Right, Cross Left Over Right

## ROCK, RECOVER, BEHIND, SIDE, CROSS, HEEL SWITCHES, TOUCH BACK, UNWIND ½

17-18            Rock Right To Right, Recover On Left  
19&20            Cross Right Behind Left, Left To Left, Cross Right Over Left  
&21&22            Step Back On Left, Touch Right Heel Forward, Step Right By Left, Touch Left Heel Forward  
&23-24            Step Left By Right, Touch Right Toe Back, Unwind ½ Turn Right 12:00

## ROCK, RECOVER, FULL TRIPLE TURN, CROSS, SIDE, BEHIND, UNWIND ½

25-26            Rock Forward On Left, Recover On Right  
27&28            Full Triple Turn Left Stepping Left Right Left 12:00

### Alt: Coaster Step

29-30            Cross Right Over Left, Step Left To Left  
31-32            Cross Right Behind Left, Unwind ½ Turn Right 6:00

Dance Finishes Here During 7th Wall - Simply Unwind A Full Turn To Finish Facing 12:00

## CROSS ROCK, RECOVER, SIDE SHUFFLE, CROSS, SIDE, ¼ SAILOR TURN

33-34            Cross Rock Left Over Right, Recover On Right  
35&36            Step Left To Left, Right By Left, Step Left To Left  
37-38            Cross Right Over Left, Step Left To Left  
39&40            Cross Right Behind Left, Making ¼ Turn Right Stepping Left By Right, Step Right In Place  
9:00

## STEP ½ PIVOT, STEP ¼ PIVOT, CROSS, BACK, SIDE, CROSS

41-42            Step Forward On Left, ½ Pivot Right 3:00  
43-44            Step Forward On Left, ¼ Pivot Right 6:00  
45-46            Cross Left Over Right, Step Back On Right  
47-48            Step Left To Left, Cross Right Over Left

## ½ MONTEREY TURN, POINT ¼ TWIST, ROCK, RECOVER, ¾ TRIPLE TURN

49-50            Point Left To Left, Making ½ Turn Left Stepping Left By Right 12:00  
51-52            Point Right To Right, Twisting Right Heel Left Make ¼ Turn Right 3:00  
53-54            Rock Forward On Left, Recover On Right

55&56            ¾ Triple Turn Left Stepping Left Right Left 6:00

**ROCK, RECOVER, FULL TRIPLE TURN, ROCK, RECOVER, COASTER STEP**

57-58            Rock Forward On Right, Recover On Left

59&60            Full Triple Turn Right Stepping Right Left Right 6:00

**Alt: Coaster Step**

61-62            Rock Forward On Left, Recover On Right

63&64            Step Back On Left, Step Right By Left, Step Forward On Left 6:00

**Alt: Full Triple Turn Left**

**START AGAIN**

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