

# Pak Van Mijn Hart (Load Off My Mind)

**COPPER** **KNOB**  
BY STEPHEN

拍數: 32      牆數: 4      級數: Improver  
編舞者: Edwin P Napitu (NL) - December 2014  
音樂: Pak Van Mijn Hart - Nick & Simon



Intro: 16 counts

## CHASSE, BACK ROCK, PIVOT 1/4 TURN R, CROSS SHUFFLE

1 & 2      Step R to right side, step L next to R, step R to right side  
3 – 4      Rock L behind R, recover on R  
5 – 6      Step L forward, pivot 1/4 turn right  
7 & 8      Cross L over R, step R to right side, cross L over R

## SIDE ROCK, SAILOR STEP, SAILOR 1/2 TURN L STEP, PIVOT 1/4 TURN L

1 – 2      Rock R to right side, recover on L  
3 & 4      Cross R behind L, step L to left side, step R to right side  
5 & 6      Cross L behind R, 1/2 turn left step R next to L, step L forward  
7 – 8      Step R forward, pivot 1/4 turn left

## JAZZ BOX ¼ TURN R, CROSS, POINT, CROSS SHUFFLE

1 – 2      Cross R over L, step L to left side  
3 – 4      1/4 turn right/step R to right side, cross L over R  
5 – 6      Cross R over L, point L to left side  
7 & 8      Cross L over R, step R to right side, cross L over R

## SIDE ROCK, BEHIND SIDE CROSS, HELL, HEEL, BEHIND SIDE CROSS

1 – 2      Rock R to right side, recover on L  
3 & 4      Cross R behind L, step L to left side, cross R over L  
5 – 6      Heel L twice diagonal forward  
7 & 8      Cross L behind R, step R to right side, cross L over R

Restart : During 2nd & 5th wall ( after 24 counts), during 8th wall (after 20 counts)□

Just Dance & Have Fun!□□

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