

# Mind Won't Stop

COPPER KNOB  
BY STEPSHEETS

拍數: 32      牆數: 2      級數: High Intermediate  
編舞者: Kirsten Matthiessen (DK) - August 2016  
音樂: '11 Blocks' by Warbel



Intro: 32 counts (app. 20 seconds)

Tags:  There are two Tags, see below for details – don't worry they are easy

Phrasing:

After wall 2: Tag 1

After wall 3: Tag 2

After wall 6: Tag 2 + Tag 1

[1-8]  Rock recover, Behind ¼ L step, Step fw, Anchor step, Sweep ½ L, Step fw

1-2      Rock R fw, recover onto L sweeping R CW  12:00

3&4-5      Cross R behind L, turn ¼ L stepping L fw, step R fw, step L fw  09:00

6&7-8      Step R behind L, step L in place, step R in place sweeping L CCW starting a ½ L turn, complete the ½ L turn stepping L fw  03:00

[9-17]  Step lock step x2, Mambo step, Ball step, Sailor ¼ L

1&2      Step R diagonally fw, lock L behind R, step R diagonally fw  03:00

&3-4      Step L diagonally fw, lock R behind L, step L fw  03:00

5&6      Rock R fw, recover onto L, step R back  03:00

&7      Step L next to R, step R back sweeping L CCW  03:00

8&1      Cross L behind R, turn ¼ L stepping R small step to R side, step L fw  12:00

[18-24]  Walk walk, Hold, Ball rock, Ball step ½ L turn

2-3-4      Step R fw, step L fw, hold  12:00

&5-6      Step R next to L, rock L fw, recover onto R  12:00

&7-8      Step L next to R, step R fw, turn ½ L stepping onto L  06:00

[25-32]  ¼ L, Cross shuffle, ¼ L, Cross behind, Side rock, Behind side, Step ½ L turn

1&2&3      Turn ¼ L stepping R to R side, cross L over R, step R to R side, cross L over R, turn ¼ L stepping back on R sweeping L CCW  12:00

Note: This should be done as a gradual ½ L turn making a half circle

4-5&      Cross L behind R, rock R to R side, recover onto L  12:00

6&      Cross R behind L, step L to L side  12:00

7-8      Step R fw, turn ½ L stepping onto L  06:00

Tag 1: Rocking Chair

1-2-3-4      Rock R fw, recover onto L, rock R back, recover onto L  12:00

Tag 2: Jazzbox, Step ½ L turn, Sweep ½ L turn, Touch

1-2-3-4      Cross R over L, step L back, step R to R side, step L fw  12:00

5-6      Step R fw, turn ½ L stepping onto L  06:00

7-8      Sweep R turning ½ L, touch R next to L  12:00

Hope you enjoy

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