

On My Mind

拍數: 64 牆數: 4 級數: Intermediate
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音樂: On My Mind - Disciples : (Single)



Start after 16 counts on the word 'Lost'

S1: Walk Fwd x2, Shuffle Fwd, Cross, Side, Sailor

1-2 RF step forward, LF step forward
3&4 RF step forward, LF step beside, RF step forward
5-6 LF cross over, RF step side
7&8 LF cross behind, RF step beside, LF step side [12]

S2: Cross, Hinge ½ R, Point, ¼ L Fwd, Full Turn L, ¼ L Side/Dip

1-4 RF cross over, LF ¼ right step back, RF ¼ right step side, LF point side
5-7 LF ¼ left step forward, RF ½ left step back, LF ½ left step forward
8 RF ¼ left step side dipping down and rise again and body turned slightly left [12]

S3: Point, Side/Dip, Diag. Point, Kick Ball Cross, ¼ L Back, Chassé

1-3 LF point left forward, LF step side dipping down and rise again, RF point right forward
4&5 RF kick forward, RF step beside on ball foot, LF cross over
6 RF ¼ left step back
7&8 LF step side, RF together, LF step side [9]

S4: Point Across, Together, Heel Across, Hold, Point, Hold, Behind, Unwind Full Turn L

1-2 RF point across, RF together
3-6 LF dig heel across, hold, LF point side, hold
7-8 LF cross behind, L+R full turn left [9]

S5: Walk Fwd x3, Point, Walk Bkw x3, Point

1-4 LF step forward, RF step forward, LF step forward, RF point side
5-8 RF step back, LF step back, RF step back, LF point side [9]

S6: Rolling Vine Into ¼ L Shuffle Fwd, Rock Fwd Recover, Step Lock Step Bkw

1-2 LF ¼ left step forward, RF ½ left step back
3&4 LF ½ left step forward, RF step beside, LF step forward
5-6 RF rock forward, LF recover
7&8 RF step back, LF lock across, RF step back [6]

S7: ½ L Fwd, ¼ L Side, Sailor, Cross, Side, ⅛ R Back, Point/Snap

1-2 LF ½ left step forward, RF ¼ left step side
3&4 LF cross behind, RF step beside, LF step side
5-6 RF cross over, LF step side
7-8 RF ⅛ right step back(option: with body roll), LF point forward and snap fingers [10.30]

S8: Fwd, Touch Behind, Back, Point/Snap, Fwd, ⅛ L Point, Behind, Unwind Full Turn R

1-2 LF step forward, RF point behind
3-4 RF step back (option: with body roll), LF point forward and snap fingers
5-6 LF step forward, RF ⅛ left point side
7-8 RF cross behind, R+L full turn right [9]

Start again

