

# 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, ½ 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 ½ right step back(option: with body roll), LF point forward and snap fingers [10.30]

## S8: Fwd, Touch Behind, Back, Point/Snap, Fwd, ½ 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 ½ left point side  
7-8      RF cross behind, R+L full turn right [9]

Start again

