

On My Mind

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Nathan Gardiner (SCO) - August 2017
音樂: On My Mind - Disciples



Intro: 16 counts

S1: ¼ R, ½ R, ¼ R Chasse, Cross, Side R, Sailor ¼ L

1-2 ¼ R stepping forward on R, ½ R stepping back on L
3&4 ¼ R stepping R to R side, Step L next to R, Step R to R side
5-6 Cross L over R, Step R to R side
7&8 Step L behind R, ¼ R stepping R to R side, Step forward on L

S2: Pivot ½ R, ½ R, Coaster Step, Skate Forward L & R, Diagonal Shuffle

1-2 Pivot ½ R, ½ R stepping back on L
3&4 Step back on R, Step L next to R, Step forward on R
5-6 Skate forward on L, Skate forward on R
7&8 Step L to L diagonal, Step R next to L, Step L to L diagonal

S3: Cross Rock, Recover, Chasse R, Touch Across, Point, Sailor ¼ L

1-2 Cross rock R over L, Recover on L
3&4 Step R to R side, Step L next to R, Step R to R side
5-6 Touch L across R, Point L to L side
7&8 Step L behind R, ¼ L stepping R to R side, Step L to L side

S4: Tap with Hip Bumps R & L, Rock Forward, Recover, ½ R, ¼ R

1-2 Tap R toe forward bumping hips forward, Step slightly forward on R
3-4 Tap L toe forward bumping hip forward, Step slightly forward on L
5-6 Rock forward on R, Recover on L
7-8 ½ R stepping forward on R, ¼ R stepping L to L side

S5: Behind, Side L, Cross Shuffle, Hip Sways L, R, L, R

1-2 Step R behind L (styling: as you step behind pop L knee forward), Step L to L side
(styling: as you step to L side pop R knee forward)
3&4 Cross R over L, Step L to L side, Cross R over L
5-6 Step L to L side swaying hips to L side, Sway hips to R side
7-8 Sway hips to L side, Sway hips to R side

S6: Behind Side Cross, Monterey ¼ R, Kick Ball Touch, Hip Bumps

1&2 Step L behind R, Step R to R side, Cross L over R
3-4 Point R to R side, ¼ R stepping R next to L
5&6 Kick L forward, Step L next to R, Touch R toe slightly forward
7-8 Bump R hip forward, Bump R hip back to centre

S7: R Lock, R Lock Step, L Lock Step, Step Pivot ¼ L

1-2 Step forward on R, Lock L behind R
3&4 Step forward on R, Lock L behind R, Step forward on R
5&6 Step forward on L, Lock R behind L, Step forward on L
7-8 Step forward on R, Pivot ¼ L

S8: Jazz Box Cross ¼ R, Side Rock, Recover, Cross Rock, Recover

1-2 Cross R over L, ¼ R stepping back on L

3-4 Step R to R side, Cross L over R
5-6 Rock out to R side, Recover on L
7-8 Cross rock R over L, Recover on L

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