

Mind of Its Own

拍數: 24 牆數: 2 級數:
編舞者: Jennifer Oliphant (USA) - February 2020
音樂: Mind of Its Own - Muscadine Bloodline



Intro – 8 counts. Sequence: Dance, Dance, Tag, Dance, Dance, Tag, Tag, Dance to end

(1-8) R prep, 1 ¼ turn L, cross R, back L, back R, behind L, ¼ turn R, forward R, rock forward L, recover R, back L, drag R

1 Step R to R side, prep
2&3 Full turn L stepping L (2), R (&), ¼ turn L stepping forward on L and sweeping R forward (3) (9:00)
4&5 Cross R over L (4), step back on L (&), step back on R sweeping L back (5)
6&7&8 Cross L behind R (6), ¼ turn R stepping R forward (&), rock L forward (7), recover back on R (&), step back on L dragging R foot (8) (12:00)

(9-16) R coaster step, L side rock, recover R, cross L, slow unwind, ¼ turn R, forward R, side step L, ¼ turn R step together, heels up, heels down

1&2 R coaster step – back to R diagonal on R (1), back on L (&), cross R over L at diagonal (2) (10:30)
3&4 L side rock and cross – rock L to side (3), recover on R (&), cross L over R (4)
5,6 Full turn slow unwind to R (5), ¼ turn R stepping R forward (6)
7&8& Step L to L side while making a ¼ turn R (7), bring RF together with L (&), bring heels up with weight on toes (8), bring heels down placing weight on R foot (&) (6:00)

(17-24) Back L, sweep R, back R, sweep L, L coaster step, full turn L, ¼ turn L, side step R, recover L, ½ turn jazz box R

1,2 Step back on L sweeping R back (1), step back on R sweeping L back (2)
3&4 L coaster step – back on L (3), back on R (&), forward on L (4)
5&6& Full turn L stepping R (5) L (&), ¼ turn L stepping R out to side (6), recover L (&)
7&8& Jazz box with a ¼ turn right – cross R over L (7), ¼ turn R stepping back on L (&), step R to R side (8), cross L over R (&) (6:00)

***Restart Dance!**

TAG: End walls 2 and 4

(1-8) Nightclub basic x2 – slide R, step together L, cross R, step L, ½ turn R corkscrew, step R, cross L

1,2& Big step R slowly sliding LF (1), step L together with R (2), cross R over L (&)
3,4& Step L to L side while ½ turn R corkscrew (3), place RF slightly to side (4), cross L over R (&)
5,6& Big step R slowly sliding LF (1), step L together with R (2), cross R over L (&)
7,8& Step L to L side while ½ turn R corkscrew (3), place RF slightly to side (4), cross L over R (&)

***Song ends at count 17 so step back L and sweep R, ending in a pose facing starting front wall
Dance should be slow and smooth, flowing through the steps. Feel the music and have fun with it!!**

Many, MANY thanks to Jonno Liberman for your incredible advice, insight, patience, dance knowledge, and support.

You are the awesome and I appreciate you greatly!!