

Off My Mind

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: High Improver
編舞者: Header Kim (KOR) - September 2021
音樂: Prisoner (feat. Dua Lipa) - Miley Cyrus



NOTE: Intro 36 count, No Tag, 2 Restarts

**** 2 Restarts**

(1). 4 wall (9:00) - 3 wall (6:00) 24 counts after

(2). 8 wall (9:00) - 7 wall (6:00) 24 counts after

Sec 1: Walk X 2, Cha Cha FWD, Pivot R 1/2 turn, Cha Cha FWD

1 - 2 Step RF forward, Step LF forward
3 & 4 Step RF forward, LF lock behind RF, Step RF forward
5 - 6 Step LF forward, Pivot 1/2 turn to R
7 & 8 Step LF forward, RF lock behind LF, Step LF forward (6:00)

Sec 2: Rock FWD, Side point X 2, Jazz R 1/4 turn

1 - 2 Step RF forward, Step LF toe point to L side
3 - 4 Step LF forward, Step RF toe point to R side
5 - 6 Step RF over LF, LF step back 1/4 turn to R
7 - 8 Step RF side to R, Step LF over RF (9:00)

Sec 3: Monterey R 1/4 turn, Heel jack, LF FWD, RF touch LF

1 - 2 Step RF side point to R, 1/4 turn to R weight on RF
3 - 4 Step LF side point to L, LF close next to RF (12:00)
5 & 6 & RF cross behind LF, Step LF slightly back to L side, RF touch heel diagonal forward, RF close next to LF
7 - 8 Step LF forward 1/4 turn to R, RF touch next to LF (3:00)

Sec 4: RF Hold, Knee pops, shoulder pops R - L - R, Hook, Clap X 2

1 - 3 RF press diagonal forward
& 4 Pop RF knee in towards to L, Pop RF knee out to R
5 & 6 Shrug R shoulder up, down, up
7 & 8 RF hook front of LF knee (Weight on LF) with clap X 2

Hope you enjoy dance!

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