

Crowded Mind

拍數: 48 牆數: 2 級數: Improver - Waltz
編舞者: Shane McKeever (N.IRE) & Niels Poulsen (DK) - October 2022
音樂: Crowd My Mind - Brett Eldredge : (iTunes)



PLEASE NOTE there's a version of the song with a SPOKEN COUNT-IN which makes the start to the music much much easier!

Contact Niels for this version

Intro: Start on the very first beat. Start with weight on R foot

Restart: On wall 3, after 24 counts, facing 1:30

[1 – 6] L twinkle 3/8 L, fwd R, sweep L fwd

1 – 3 Step L towards R diagonal (1), step R towards R diagonal (2), turn 3/8 L stepping down on L (3) 9:00
4 – 6 Cross R slightly over L (4), start sweeping L fwd (5), sweep L slightly over R (6) 9:00

[7 – 12] L weave, R step slide

1 – 3 Cross L over R (1), step R to R side (2), cross L behind R (3) 9:00
4 – 6 Step R a big step to R side (4), start sliding L towards R (5), touch L next to R (6) 9:00

[13 – 18] Roll 1 1/8 turn L, fwd R, slow L kick fwd

1 – 3 Turn 1/4 L stepping L fwd (1), turn 1/2 L stepping R back (2), turn 3/8 L stepping L to L side (3) 7:30
4 – 6 Step R fwd (4), hitch L knee (5), kick L fwd (6) 7:30

[19 – 24] Run back LRL, point R back, unwind 1/2 R

1 – 3 Step back L (1), step back R (2), step back L (3) 7:30
4 – 6 Point R back (4), start turning 1/2 R on L (5), finish turn changing your weight to R foot (6)

* Restart here on wall 3, facing 1:30 1:30

[25 – 30] Diamond with 1/2 L

1 – 3 Step L fwd (1), turn 1/8 L stepping R to R side (2), turn 1/8 L stepping L back (3) 10:30
4 – 6 Step R back (4), turn 1/8 L stepping L to L side (5), turn 1/8 L stepping R fwd (6) 7:30

[31 – 36] 1/8 L fwd L, point R, hold, back R, sweep L over 2 counts

1 – 3 Turn 1/8 L stepping L fwd (1), point R to R side (2), HOLD (3) 6:00
4 – 6 Step R back (4), start sweeping L to L side (5), sweep L behind R (6) 6:00

[37 – 42] L sailor step, behind side cross

1 – 3 Cross L behind R (1), rock R to R side (2), recover on L (3) 6:00
4 – 6 Cross R behind L (4), step L to L side (5), cross R over L (6) 6:00

[43 – 48] L balance step, 1/8 R into R step slide

1 – 3 Step L to L side (1), rock R back (2), recover fwd onto L again (3) 6:00
4 – 6 Step R a big step to R side opening up 1/8 R in body (4), slide L towards R (5), touch L next to R (6) 7:30

Begin again ☺☺☺

Ending Wall 8 which starts facing 12:00 is your last wall. Do the first 9 counts, now facing 9:00, then turn 1/4 R stepping R fwd sweeping L fwd to face 12:00 again ... 12:00