Mind Over Matter

Count: 64 **Wall:** 2 **Level:** Intermediate Pop/Rock
Choreographer: Simon Ward (AUS) & Niels Poulsen (DK) - May 2015
Music: Coming Back - Dean Ray : (Album: Coming Back - Single - iTunes)

Notes: 8 Count Tag end of wall 2, Restarts on Wall 3 after count 48 & Wall 5 after count 36
On Wall 5 Restart, Drag left for an additional 3 counts (34,35,36) hitting break in the music, step L beside on (&) count to Restart.
Intro: Dance starts 16 counts into track. Ending: On count 34 turning to front wall.

[1-8]☐Full turn R, Chasse R,L,R, Cross L, Step R, L sailor step turning ½ L

1-2	Step right to right side turning ¼ turn right 3.00, Turn a further ½ turn right stepping left back 9.00
3&4	Turn a further ¼ turn right stepping right to right side 12.00, Step left beside right, Step right to right side (chasse)
5-6	Cross/step left over right, Step right to right side 12.00
7&8	Step left behind right, Step right in place turning ¼ turn left 9.00, Cross/step left over right turning ¼ turn left 6.00 (sailor step)

[9-16]☐Step R, Hold, L together, Step R, Jazz box turning 1/8 L, Step R fwd, Pivot ½ turn L

1-2	Step right to right side, Hold 6.00
&3-4	Step left beside right, Step right to right side, Cross/step left over right 6.00
5-6	Step right back, Step left forward turning 1/8 turn left 4.30
7-8	Step right forward, Pivot ½ turn left taking weight onto left 10.30

[17-24]☐Large step R fwd, Drag L, L together, Step fwd R,L, Rock/step R fwd, Recover L, Shuffle back R,L,R

1-2	Large step forward on right, Drag left towards right 10.30
&3-4	Step left beside right, Step right slightly forward, Step left forward 10.30
5-6	Rock/step right forward, Recover weight back on left 10.30
7&8	Step right back, Cross/step left over right, Step right back 10.30 (turn body slightly right for styling)

[25-32]☐Rock L back, Recover R, Shuffle fwd L,R,L, Step R fwd, Pivot 7/8 turn L, Point R toe, R together, Point L toe, L together

1-2	Rock/step left back, Recover weight onto right 10.30
3&4	Step left forward, Step right beside left, Step left forward 10.30
5-6	Step right forward, Pivot 7/8 turn left taking weight onto left 12.00
7&8&	Point right toe to right side, Step right beside left, Point left toe to left side, Step left beside right 12.00

[33-40]☐Large step R to R, Drag L, Step L together, ¼ R shuffle fwd R,L,R, Step L fwd, Pivot ¼ R, L vaudeville step

1-2&	Large step right to right, Drag left towards right, Step left beside right 12.00
3&4	Turn ¼ turn right & step right forward 3.00, Step left beside right, Step right forward

****RESTART ON 5TH WALL (see notes for step change, facing front)****

5-6	Step left forward, Pivot ¼ turn right taking weight onto right 6.00
7&8	Cross/step left over right, Step right to right side, Touch left heel to diagonal 6.00

[41-48]☐Step L together, Cross/rock R, Recover L, ¼ R shuffle fwd R,L,R, Rock L fwd, Recover R, L back turning ¼ L, Point R

&1-2	Step left beside right, Cross/rock right over left, Recover weight onto left 6.00
3&4	Turn ¼ turn right & step right forward 9.00, Step left beside right, Step right forward
5-6	Rock/step left forward, Recover weight onto R 9.00

7-8	Step left back turning ¼ turn left 6.00, Point right toe to right side

****RESTART ON 3RD WALL (Facing back wall)****

[49-56]☐¼ turn R, Sweep L, Cross chasse, ¼ turn L, ½ turn L, Step R fwd, Pivot ½ turn L

1-2	Step right in place turning ¼ turn right 9.00, Sweep left foot forward and across right
3&4	Cross/step left over right, Step right to right side, Cross/step left over right 9.00
5-6	Step right to right turning ¼ turn left 6.00, Step left back turning ½ turn left 12.00
7-8	Step right forward, Pivot ½ turn left taking weight onto left 6.00

[57-64]☐2 x wizard steps, Step R fwd, Pivot ½ L, Step R fwd, Pivot ½ L with twist to left

1-2&	Step right forward at right diagonal, Lock/step left behind right, Step right beside left 6.00
3-4&	Step left forward at left diagonal, Lock/step right behind left, Step left beside right 6.00
5-6	Step right forward, Pivot ½ turn left taking weight onto left 12.00
7-8	Step right forward, Pivot ½ turn left bending knees slightly with a body twist to the left taking weight onto left 6.00

(on count 8 twist on balls of feet to left, legs will be slightly crossed, unwind to right to start dance again)

RESTART

TAG: At the end of Wall 2 you will do the following 8 counts (facing front wall)
[1-8]☐Rolling vine R, Point L, Rolling vine L, Hold with claps

1-2	Step right to right side turning ¼ turn right, Turn a further ½ turn right stepping left back
3-4	Turn a further ¼ turn right stepping right to right side, Point left toe to left side
5-6	Step left to left side turning ¼ turn left, Turn a further ½ turn left stepping right back
7&8	Turn a further ¼ turn left stepping left to left side, Hold and clap hand twice

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