

Heart And Mind

Count: 0

Wand: 4

Ebene: Intermediate

Choreograf/in: Mark Cook (UK)

Musik: If You Ever Feel Like Lovin' Me Again - Clay Walker



Sequence: AAB, AABC, ABC

Dedicated to my wife, Christine, with love

PART A. (48 COUNTS)

CROSS, STEP BACK, SHUFFLE BACK, STEP BACK, ½ TURN, COASTER

- 1-2 Cross left over right, step back onto right
- 3&4 Shuffle back, left, right, left
- 5-6 Step back onto right, make ½ turn over right shoulder, keep weight on left
- 7&8 Step right back, step left next to right, step forward onto right

CROSS, STEP BACK, SHUFFLE BACK, STEP BACK, ½ TURN, COASTER

- 9-10 Cross left over right, step back onto right
- 11&12 Shuffle back, left, right, left
- 13-14 Step back onto right, make ½ turn over right shoulder, keep weight on left
- 15&16 Step right back, step left next to right, step forward onto right

CROSS, VINE RIGHT, HIP SWAYS

- 17-18 Cross left over right, step right to right side.
- 19&20 Step left behind right, step right to right side, cross left over right
- 21-22 Step right to right side, and sway hips to the right, sway hips to the left
- 23-24 Sway hips to the right, sway hips to the left

UNWIND ¾ TURN, SHUFFLE, PIVOT TURNS

- 25-26 Cross right behind left, unwind ¾ over right shoulder
- 27&28 Shuffle forward, left, right, left
- 29-30 Step forward on right make ½ turn over left shoulder
- 31-32 Step forward on right make ¼ turn over left shoulder

ROCK, COASTER, PIVOT TURNS

- 33-34 Rock forward onto right, recover weight to left
- 35&36 Step back on right, step left next to right, step forward onto right
- 37-38 Step forward onto left, make ½ turn over right shoulder
- 39-40 Step forward onto left, make ¼ turn over right shoulder.

LEFT VINE, SHUFFLE ½ TURN, ROCK, SAILOR

- 41-42 Step left to left side, step right behind left
- 43&44 Shuffle left, making ½ turn over left shoulder
- 45-46 Rock right to right side, recover weight to left
- 47&48 Step right behind left, step left to left side, step right to right side

PART B. (24 COUNTS)

SKATE FORWARD, SHUFFLE ¼ TURN, PIVOTS

- 1-2 Skate forward on left, skate forward on right
- 3&4 Side shuffle, left, right, left, making ¼ turn to left
- 5-6 Step forward onto right, pivot ½ turn over left shoulder, keeping weight on right
- 7-8 Step back onto left, make a ¼ turn over left shoulder, keeping weight on left

CROSS ROCKS, SKATE FORWARD, SHUFFLE ¼ TURN

9&10	Cross right over left, recover weight onto left, place right next to left
11&12	Cross left over right, recover weight onto right, place left next to right
13-14	Skate forward onto right, skate forward onto left
15&16	Side shuffle right, left, right, making ¼ turn to the right

PIVOTS, CROSS ROCKS

17-18	Step forward onto left, pivot ½ turn over right, keeping weight on left
19-20	Step back onto right, turn ¼ over right shoulder, keeping weight on right
21&22	Cross left over right, recover weight onto right, step left next to right
23&24	Cross right over left, recover weight onto left, step right next to left

PART C (16 COUNTS)**CROSS POINT, POINT LEFT, SAILOR ¼ TURN, PIVOT TURNS**

1-2	Point left over right, point left to left side
3&4	Step left behind right, step right to right side, make ¼ turn to left step forward on left
5-6	Step forward onto right, pivot ½ turn over left shoulder
7-8	Step forward onto right, pivot ¼ turn over left shoulder

CROSS POINT, POINT LEFT, SAILOR ¼ TURN, PIVOT TURNS

9-10	Point right over left, point right to right side
11&12	Cross right behind left, step left to left side, make ¼ turn to right, step forward on right
13-14	Step forward onto left, pivot ½ turn over right shoulder
15-16	Step forward onto left, pivot ¼ turn over right shoulder
