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| Mind Over Matter |  |

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| **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) | | | | |
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**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 |

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| --- | --- |
| 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) |

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| --- | --- |
| 5-6 | Cross/step left over right, Step right to right side 12.00 |

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| 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 |

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| --- | --- |
| 5-6 | Rock/step right forward, Recover weight back on left 10.30 |

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| --- | --- |
| 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 |

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| --- | --- |
| 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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