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| Frame Of Mine |  |

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| **Count:** | 24 | **Wall:** | 4 | **Level:** | Improver | . |
| **Choreographer:** | Charles Alexander (SWE) - July 2015 |
| **Music:** | Frame of Mine - Blake Shelton : (CD: Based On A True Story - Deluxe Version) |
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**Intro: 24 count, [approx. 18 sec – 90 bpm] Dance starts at main vocals.**

**[1 – 6] LEFT WALTZ BOX (FORWARD, SIDE, TOGETHER, BACK, SIDE, TOGETHER)**

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| --- | --- |
| 1-2-3 | Step left forward. Step right to right side. Step left beside right. |

|  |  |
| --- | --- |
| 4-5-6 | Step right back. Step left to left side. Step right beside left. |

**\*Restart here during wall 5\***

**[7 – 12] FORWARD ROCK, RECOVER, TOGETHER, RIGHT STEP, LEFT STEP, COLLECT 1/4 TURN, SIDE RIGHT**

|  |  |
| --- | --- |
| 1-2-3 | Rock left forward. Recover onto right. Step left beside right. |

|  |  |
| --- | --- |
| 4-5&6 | Step right forward. Step left forward. Make 1/4 turn right while collecting right beside left (no weight). Step right to right side. [3:00] |

**[13 – 18] LEFT TWINKLE, CROSS ROCK, RECOVER, SIDE RIGHT**

|  |  |
| --- | --- |
| 1-2-3 | Cross left over right. Step right diagonally forward right. Step left diagonally forward left. |

|  |  |
| --- | --- |
| 4-5-6 | Rock right over left. Recover onto left. Step right to right side. |

**[19 – 24] MODIFIED MONTEREY (CROSS LEFT, POINT RIGHT, HOLD, 1/2 TURN TOGETHER, SIDE ROCK, RECOVER)**

|  |  |
| --- | --- |
| 1-2-3 | Cross left over right. Point right toes to right side. Hold one count. |

|  |  |
| --- | --- |
| 4-5-6 | Make 1/2 turn right stepping right beside left. Rock left to left side. Recover onto right. [9:00] |

**Restart: During wall 5 (facing 12:00).**

**Dance the first section then Restart dance. This will make you dance the first section twice in a row.**