

# Abre Tu Mente

**COPPER** **NOB**  
BY THE PHOENIX

**Count:** 32

**Wall:** 4

**Level:** Beginner

**Choreographer:** Phin Sari (INA) & Kimmy Tsen (MY) - October 2021

**Music:** Abre Tu Mente - Merche



**Intro: 32 Count - No Tag - No Restart**

## **SEC 1: ROCKING CHAIR, ¼ LEFT SIDE, CLOSE, ¼ LEFT BACK, BACKROCK, RECOVER**

- 1-2 Rock R forward (1), Recover on L (2)
- 3-4 Rock R back (3), Recover on L (4)
- 5&6 Make ¼ L turn step R to side (5), Step L next to R (&), Make ¼ L turn step R back(6)
- 7-8 Rock L back (7), Recover on R (8)

## **SEC 2: ROCKING CHAIR, ¼ LEFT CHASSE, BACK ROCK, RECOVER**

- 1-2 Rock L forward (1), Recover on R (2)
- 3-4 Rock L back (3), Recover on R (4)
- 5&6 Make ¼ R turn step L to side (5), Step R next to L (&), Step L to side (6)
- 7-8 Rock R back (7), Recover on L (8)

## **SEC 3: SIDEROCK, RECOVER, CROSS SHUFFLE, FORWARD ROCK, RECOVER, ½ LEFT SAILOR STEP**

- 1-2 Rock R to side (1), Recover on L (2)
- 3&4 Cross R over L (3), Step L to side (&), Cross R over L (4)
- 5-6 Rock L forward (5), Recover on R (6)
- 7&8 Make ½ L turn while sweeping L from front to back (7), Step R next to L (8), Step L to side (8)

## **SEC 4: CROSS ROCK, ¼ RIGHT FORWARD LOCK SHUFFLE, PIVOT ½ RIGHT TURN, ¼ RIGHT TURN LEFT CHASSE**

- 1-2 Cross rock R over L (1), Recover on L (2)
- 3&4 Make ¼ R turn step R forward (3), Lock L behind R (&), Step R forward (4)
- 5-6 Step L forward (5), Turn ½ R on R (6),
- 7&8 Make ¼ R turn step L to side (7), Step R next to L (&), Step L to side (8)

**Contact:** [KimmyTsen@gmail.com](mailto:KimmyTsen@gmail.com) [Ksm.sari@yahoo.com](mailto:Ksm.sari@yahoo.com)