

State Of Mind

COPPER KNOB
STEPSHEETS

Count: 72

Wall: 2

Level: Intermediate

Choreographer: Ben Summerell (AUS)

Music: Favorite State of Mind - Josh Gracin



RIGHT VINE, ¾ TURN HITCH, STEP, LOCK, STEP, TOUCH

- 1-2-3-4 Step right foot to right, step left behind right, ¼ turn right stepping right foot forward (3:00), hitch left foot while turning almost ½ right to 7:00 wall (45 degrees)
- 5-6-7-8 Step left forward on 45 degrees, lock right foot behind left, step left forward on 45 degrees, touch right foot next to left leaving weight on right foot

BACK, BACK, FORWARD, FORWARD, BACK, STEP, STOMP, STOMP

- 1-2-3-4 Step back on right (still at 45 degrees), step back on left, step forward on right, step forward on left
- 5-6-7-8 Step back on right, step left in place straightening up to 9:00 wall, stomp right next to left keeping weight on left, stomp right next to left

RIGHT VINE ¼ TURN, ROCK, REPLACE, STEP, TOUCH, TOUCH

- 1-2-3-4 Step right foot to right, step left behind right, ¼ turn right stepping right foot forward (12:00), step left to left side
- 5-6-7-8 Replace weight to right foot, step left foot over right, touch right foot to right side, touch right foot together

RIGHT 45 DEGREES, HEEL BRUSH, STEP, TOUCH, LEFT 45 DEGREES, HEEL BRUSH, ¼ TURN, LOCK

- 1-2-3-4 Touch right heel at right 45 degrees, bring right heel to your left knee, step right to right side, touch left to left side
- 5-6-7-8 Touch left heel at left 45 degrees, bring left heel to right knee, ¼ left stepping left forward (9:00), lock step right behind left

FORWARD, SCUFF, ROCK, REPLACE, ½ TURN, STEP, PIVOT, FORWARD

- 1-2-3-4 Step left forward, scuff right foot through left, rock forward on right, replace weight on left
- 5-6-7-8 ½ turn right stepping right forward (3:00), step left forward, ½ turn right on balls of both feet (9:00), take weight right, step left forward

FORWARD, SCUFF, STEP, SCUFF, FORWARD, REPLACE, TOGETHER, HOLD

- 1-2-3-4 Step right forward, scuff left through, step left forward, scuff right through
- 5-6-7-8 Rock forward on right, replace weight on left, step right together, hold

BOUNCE, BOUNCE, TOUCH, ¼ TURN, FAN IN, FAN IN, JUMP OUT, JUMP IN

- 1-2-3-4 Lift both heels up and then down, lift both heels up and then down taking weight on left, touch right toe back
- 5-6-7-8 Stepping right heel down ¼ turn right (12:00) (feet should slightly apart with weight even), twist both heels in to center, twist both toes in to center, jump both feet shoulder width apart, jump both feet to center with weight on left

TOE STRUT OUT, TOE STRUT OUT, TOE STRUT IN, TOE STRUT IN

- 1-2-3-4 Touch right toe to right side, step right heel to floor, touch left toe to left side, step left heel to floor
- 5-6-7-8 Touch right toe to center, step right heel to floor, touch left toe together, step left heel to floor

RIGHT 45 DEGREES HEEL, LEFT 45 DEGREES HEEL, BACK, TOGETHER, STEP, PIVOT, FULL TURN

- 1-2-3-4 Step right heel at right 45 degrees, step left heel at left 45 degrees, step right foot back to center, step left foot together

5-6-7-8 Step right forward, pivot $\frac{1}{2}$ left taking weight on left (6:00), $\frac{1}{2}$ turn left stepping back on right (12:00), $\frac{1}{2}$ turn left stepping forward on left (6:00)

REPEAT
