

# Blow Your Mind

**COPPER** KNOB  
STEPSHEETS

**Count:** 32

**Wall:** 4

**Level:** Intermediate

**Choreographer:** Paul McAdam (UK) - March 2009

**Music:** Blow Your Mind - Jamiroquai



**Count In:** Approximately 16 counts, 12 seconds into song

## **(1-8) Behind-Side-Cross, Ball-Step X2, Touch Cross, Kick-Ball-Side**

- 1&2 Cross left foot behind right, step right foot to right side, cross left foot over right
- 3& Step down on ball of right foot, step down on left foot
- 4& Step down on ball of right foot, step down on left foot
- 5,6 Touch right toe out to right side, cross right foot over left
- 7&8 Kick left foot forward, step ball of left foot next to right, step right foot to right side

## **(9-16) Rock &Side, Rock ¼ Turn Side, Rock & Side, Behind-Side-Cross**

- 1&2 Rock left foot behind right, recover weight onto right, step left foot to left side
- 3&4 Rock right foot behind left, make a ¼ turn left and step left foot forward, step right foot to right side
- 5&6 Rock left foot behind right, recover weight onto right, step left foot to left side
- 7&8 Cross right foot behind left, step left foot to left side, cross right foot over left

## **(17-24) Ball-Cross, ½ Turn X2, Coaster Step, Push Back, Together, Ball-Step Touch**

- &1,2 Step left foot to left side, cross right foot over left, make a ½ turn left and step left foot forward
- 3 Make another ½ turn left and step right foot back.
- 4&5 Left coaster step
- 6 Push hips back (weight on right)
- 7 Recover weight forward onto left foot as you step right foot next to left
- &8 Step left foot forward, touch right toe next to left

## **(25-32) Step Back Hip Push X2, Coaster-Step-Lock-Step, ½ Touch**

- 1,2 Step back on right foot in line with left foot, push left hip forward
- 3,4 Step back on left foot in line with right foot, push right hip forward
- 5&6 Right coaster step
- &7 Lock left foot behind right, step right foot forward
- &8 Make a ½ turn right on right foot, touch left toe to left side.

**RESTART: 8TH WALL, Restart the dance on the 8th wall after count 12.**

**Start Again And Enjoy!**