

# Mash Up My Mind

**COPPER KNOB**  
STEPPERS

拍数: 64      墙数: 4      级数: Low Intermediate  
编舞者: Shaz Walton (UK)  
音乐: Beautiful Girls - Sean Kingston : (CDS)



Count in- 4 counts- starting on the word "beautiful"

**Side. Sailor ¼ Touch. Side. Sailor ¼ Touch.**

- 1-2&      Step right to right side. Cross step left behind right. Make ¼ left stepping right to right side.
- 3      Step left to left side.
- 4      Touch right beside left.
- 5-6&      Step right to right side. Cross step left behind right. Make ¼ left stepping right to right side.
- 7      Step left to left side.
- 8      Touch right beside left.

**Step forward. Hold. Step together. Step forward. (Using hips) Rock. Recover. ½ turn. Point.**

- 1-2      Step forward right. Hold
- 3-4      Step left to right heel. Step forward right (use Cuban hip motion)
- 5-6      Rock forward on left. Recover on right.
- 7-8      Make ½ turn left stepping left forward. Point right to right side.

**Sweep. Unwind. Sweep. Cross rock. Recover. Sweep. Unwind. Sweep. Cross rock. Recover.**

- 1-2      Sweep right across left. Unwind ½ turn left. (Weight ends on right)
- 3-4      Sweep left out as you cross rock left behind right. Cross step right over left.
- 5-6      Sweep left across right. Unwind ½ turn right. (Weight ends on left)
- 7-8      Sweep right out as you cross rock right behind left. Cross step left over right.

**Step. Sway. Hold. Sway. Hold. Step side. Together. Side. Touch (using hips)**

- 1-2      Step right to right & sway hips to right. Hold
- 3-4      Sway hips to left. Hold.
- 5-6      Using hips to full potential- step right to right side. Step left beside right.
- 7-8      Step right to right side. Touch left beside right.

**Rock. Recover. Heel jack. Out. Out. Swivel ¼ . Replace. Coaster step.**

- 1-2&      Rock left forward. Recover on right. Step left beside right
- 3&4      Touch right heel forward. Step right to right side. Step left to left side.
- 5-6      Swivel left toe (raised) & right heel ¼ left. Replace to centre. (Weight ends left)
- &7-8      Step back right. Step back left. Step forward right.

**Step. Hold. Lock step. Touch. Back. ¼ ¼ kick.**

- 1-2      Step forward left. Hold
- &3      Lock right behind left. Step left forward.
- 4      Touch right beside left.
- 5-6-7      Step back on right. Start to make ½ turn right by stepping left behind right (6) step right forward (7)
- 8      low kick left forward (8)

**Step. Slow pivot ½. Rock recover Step. Slow pivot ½ rock recover.**

- 1-2      Step on left make ½ pivot turn right (smooth) weight stays on left.
- 3-4      Rock back on right. Recover on left.
- 5-6      Step forward right. Make ½ pivot turn left (smooth) weight stays on right.
- 7-8      rock back on left. Recover on right.

**Side. Hold. Ball cross. hold. Side rock. Recover. Ball side. Touch.**

1-2 Step left to left side. Hold

&3-4 Step right beside left. Cross step left over right. Hold.

5-6 Rock right to right side. Recover on left.

&7-8 step right beside left. step left to left side. Touch right beside left.

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