

# Blow Your Mind

**COPPER KNOB**  
STEPSHEETS

拍数: 32      墙数: 4      级数: Intermediate  
编舞者: Paul McAdam (UK) - March 2009  
音乐: 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!