

Lovin U On My Mind

COPPER KNOB
STEPPERS

拍数: 32 墙数: 2 级数: High Intermediate
编舞者: Alan Spence (UK) - August 2010
音乐: Lovin' You On My Mind - Josh Turner : (CD: Haywire)



16 Count Intro, 15 seconds, (68 bpm)

Start with weight on right foot facing right diagonal

Rock Fwd L. Step Back R,L. Cross, 1/8 Turn Side Cross, Side Rock Cross, 2 x 1/4 Turns Cross

- 1 2 & Rock Forward on Left to Right Diagonal, Step Back on Right, Step Back on Left (1.30 clock)
- 3 4 & Cross Right Over Left, Make 1/8 Turn Right Stepping Back on Left, Step Right to Right Side (3 o'clock)
- 5 6 & Cross Left Over Right, Rock Right to Right Side, Recover onto Left
- 7 & Cross Right Over Left, Make 1/4 Turn Right Stepping Back on Left (6 o'clock)
- 8 & Make 1/4 Turn Right Stepping Right to Right Side, Cross Left Over Right (9 o'clock)

Sway R,L, Cross 1/4 Turn, Back Rock, Sweep Cross Unwind 1/2 Turn, Sweep Behind Side Cross

- 1 2 & Sway Right Stepping Right to Right Side, Sway Left, Cross Right Over Left
- 3 & 4 Make 1/4 Turn Right Stepping Back on Left, Rock Back on Right, Recover onto Left (12 o'clock)
- & 5 Sweep Right from Back to Front, Cross Right Over Left
- 6 & Unwind 1/2 Turn Left, Sweep Left from Front to Back (6 o'clock)
- 7 & 8 Step Left Behind Right, Step Right to Right Side, Cross Left Over Right

Side Back Rock, 1/4 Turn Back Rock, 1/4 Turn Step 1/2 Turn, Step Full Turn, Step

- 1 2 & Long Step Right to Right Side, Rock Back on Left, Recover onto Right
- 3 4 & Make 1/4 Turn Right Stepping Back on Left, Rock Back on Right, Recover onto Left (9 o'clock)
- 5 6 & Make 1/4 Turn Right Stepping Forward on Right, Step Forward on Left, Pivot 1/2 Turn Right, (6 o'clock)
- 7 & Step Forward on Left, Make 1/2 Turn Left Stepping Back on Right
- 8 & Make 1/2 Turn Left Stepping Forward on Left, Step Forward on Right (6 o'clock)

Lunge Fwd, Step Back, Sweep Back, 1/4 Turn Sailor Step, Cross Rock 1/4 Turn.Full Turn Step.

- 1 2 3 Lunge Forward on Left, Step Back on Right, Sweep Left from Front to Back Stepping on Left
- 4 & Sweep Right from Front To Back While Making 1/4 Turn Right and Stepping on Right. Step Left to Left Side
- 5 Step Right to Right Side
- 6 & 7 Cross Rock Left Over Right, Recover onto Right, Make 1/4 Turn Left Stepping Forward on Left
- & 8 Make 1/2 Turn Left Stepping Back on Right, Make 1/2 Turn Left Stepping Forward Left (6 o'clock)
- & Make 1/8 Turn Right Stepping Forward on Right (7.30 clock) Ready to Start Again

TAG 1: Rocking Chair with Turns and Sways (4 Counts)

- 1 Rock Left Forward to Right Diagonal (As you Rock Forward Turn Body Towards Right Swaying Left)
- 2 Recover onto Right (As you Recover Turn Body Left Back to Original Position)
- 3 Rock Left Back (As you Rock back Turn Body Towards Left Swaying to Left)
- 4 Recover onto Right (As you Recover Turn Body Right to Original Position)

TAG 2: Side Back Rock x 2, Sway x 2, Extended Cross Shuffle (8 & Counts)

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| 1 2 & | Step Left to Left Side, Rock Back on Right, Recover onto Left, |
| 3 4 & | Step Right to Right Side, Rock Back on Left, Recover onto Right |
| 5 6 | Sway Left Stepping Left to Left Side, Sway Right Stepping Right to Right to Right Side |
| 7 & 8 & | Cross Left over Right, Step Right to Right Side, Cross Left Over Right, Step Right to Right Side |

Phrasing of Dance Not as complicated as it reads

Dance Wall 1, Add TAG 1,+ TAG2, = (12 Counts)

Dance Wall 2, Add TAG 1 = (4 Counts)

Dance Walls 3 and 4

Dance Wall 5, Add TAG 1 = (4 Counts)

Dance Walls to End

Enjoy
