## **Open Mind**



拍數: 32 編數: 2 級數: Intermediate 編舞者: Shaz Walton (UK) & Hayley Wheatley (UK) - April 2016

音樂: Suddenly - Angry Anderson



#### Music Available from iTunes and Amazon

Count In: 16 counts

Notes: Restarts on walls 2 and Wall 4 (following count 26)

TAG: 8 count Tag at the end of wall 3

### S1: STEP BACK, COASTER STEP, WALK FORWARD, ROCK FORWARD, RECOVER, STEP LOCK INTO SEMI-CIRCLE

1-2 & Large step back on LF, Step back on RF, Step LF beside RF□12:00

3-4 Step fwd on RF, Step fwd on LF □ 12:00

5&6 Rock fwd on RF, Recover onto LF, Step RF to R side making ¼ turn R □3:00

&7&8 Close LF behind RF, Step RF fwd making 1/8 turn, Close LF behind RF, Step RF fwd making

1/8 turn (Steps 6-8 form a semi-circle moving towards 6:00) □ 6:00

# S2: SWEEP, CROSS, BACK, BALL-SIDE 1/4 TURN, SWAY, SWAY, BEHIND, SIDE, CROSS, ROCK, RECOVER, SPIRAL 3/4 TURN

1-2 Sweep LF in front to cross over RF, Step back onto RF□ 6:00

&3-4 Step LF to L side making ¼ turn L (sway), Sway hips to R, Sway hips to L□3:00

5&6 Step RF behind LF, Step LF to L side, Step RF across LF□3:00

7&8 Rock LF to L side, Recover onto R foot, Spiral ¾ turn L (weight on RF) □ 6:00

### S3: STEP FORWARD, MAMBO FORWARD WITH SWEEP, SAILOR ½ TURN, SAILOR ½ TURN, STEP ½ TURN

1-2&3 Allow weight to fall onto LF into a big step fwd, Rock fwd onto RF, Recover onto LF, Step

back onto RF while sweeping LF out ☐ 6:00

4&5 Step LF Behind RF making ¼ turn L , Step RF to R, Step Lf to L side ☐ 3:00

6&7 Make ½ turn R while sweeping RF around to step behind LF, Step Lf to L side, Step RF to R

side □ 9:00

8 Make ¼ turn L stepping fwd on LF□6:00

### S4: STEP FORWARD, TOUCH, COASTER STEP, MAMBO ½ TURN, 1½ TURN, STEP BACK

1-2 Step fwd onto RF, Touch L Toe behind RF (bend knees and angle body to 4.30)

#### RESTART HERE ON WALLS 2 AND 4 □6:00

3&4 Step back on LF, Step RF beside LF, Step fwd onto LF□6:00

Rock fwd onto RF, Recover onto LF, Make ½ turn R stepping fwd onto RF□12:00

&7&8 Make ½ turn R stepping back onto LF, Make ½ turn R stepping Fwd onto RF, Make ½ turn R

stepping back onto LF, Step back onto RF

Easier alternative: Replace counts &7&8 with 4 small runs back stepping L,R,L,R□6:00

#### Start Again!

TAG: Performed at the end of Wall 3 facing 6:00

TS1: STEP BACK, MAMBO STEP BACK, ROCK FORWARD, RECOVER, SIDE, ROCK BACK, RECOVER, SIDE, ROCK FORWARD, RECOVER

1-2&	Step back onto LF, Rock back onto RF, Recover onto LF□6:00
3-4&	Step fwd onto RF, Rock fwd onto LF, Recover onto RF ☐ 6:00
5-6&	Step LF to L side, Rock back onto RF, Recover onto LF□6:00
7-8&	Step RF to R side, Rock fwd onto LF, Recover onto R□6:00

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