

Mind Won't Stop

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: High Intermediate
編舞者: Kirsten Matthiessen (DK) - August 2016
音樂: '11 Blocks' by Warbel



Intro: 32 counts (app. 20 seconds)

Tags: There are two Tags, see below for details – don't worry they are easy

Phrasing:

After wall 2: Tag 1

After wall 3: Tag 2

After wall 6: Tag 2 + Tag 1

[1-8] Rock recover, Behind ¼ L step, Step fw, Anchor step, Sweep ½ L, Step fw

1-2 Rock R fw, recover onto L sweeping R CW 12:00

3&4-5 Cross R behind L, turn ¼ L stepping L fw, step R fw, step L fw 09:00

6&7-8 Step R behind L, step L in place, step R in place sweeping L CCW starting a ½ L turn, complete the ½ L turn stepping L fw 03:00

[9-17] Step lock step x2, Mambo step, Ball step, Sailor ¼ L

1&2 Step R diagonally fw, lock L behind R, step R diagonally fw 03:00

&3-4 Step L diagonally fw, lock R behind L, step L fw 03:00

5&6 Rock R fw, recover onto L, step R back 03:00

&7 Step L next to R, step R back sweeping L CCW 03:00

8&1 Cross L behind R, turn ¼ L stepping R small step to R side, step L fw 12:00

[18-24] Walk walk, Hold, Ball rock, Ball step ½ L turn

2-3-4 Step R fw, step L fw, hold 12:00

&5-6 Step R next to L, rock L fw, recover onto R 12:00

&7-8 Step L next to R, step R fw, turn ½ L stepping onto L 06:00

[25-32] ¼ L, Cross shuffle, ¼ L, Cross behind, Side rock, Behind side, Step ½ L turn

1&2&3 Turn ¼ L stepping R to R side, cross L over R, step R to R side, cross L over R, turn ¼ L stepping back on R sweeping L CCW 12:00

Note: This should be done as a gradual ½ L turn making a half circle

4-5& Cross L behind R, rock R to R side, recover onto L 12:00

6& Cross R behind L, step L to L side 12:00

7-8 Step R fw, turn ½ L stepping onto L 06:00

Tag 1: Rocking Chair

1-2-3-4 Rock R fw, recover onto L, rock R back, recover onto L 12:00

Tag 2: Jazzbox, Step ½ L turn, Sweep ½ L turn, Touch

1-2-3-4 Cross R over L, step L back, step R to R side, step L fw 12:00

5-6 Step R fw, turn ½ L stepping onto L 06:00

7-8 Sweep R turning ½ L, touch R next to L 12:00

Hope you enjoy

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