

Blow Your Mind!

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Ryan Hunt (UK) - January 2023
音樂: #BLOWURMIND - Gio Bermejo



Intro: 16 counts (after 19 seconds), on lyrics

Side, Tap, Side, Kick, Behind 1/4 Side, Sailor 1/2 Cross, Heel Jack & Cross

- 1&2& Step R to R side (1), Tap L next to R (&), Step L to L side (2), Kick R out to R side (&)
- 3&4 Cross R behind L (3), make 1/4 turn L stepping L forward (&), Step R to R side (4) (9:00)
- 5&6 Cross L behind R (5), make 1/4 turn L stepping R next to L (&), make 1/4 turn L crossing L over R (6)(3:00)
- &7&8 Step R to R side (&), Dig L heel out to L side (7), Step onto L (&), Cross R over L (8)

Slow 1/2 Pivot, Syncopated Turn, Cross w/ Dip, 1/4 Forward, Pivot 1/4 Cross

- 1-2 Make 1/4 turn L stepping forward on L (1) (12:00), Pivot 1/2 turn R taking weight onto R (2) (6:00)
- 3& Make 1/4 turn R stepping L to L side (3) (9:00), Make 1/4 turn R stepping R slightly back (&) (12:00)
- 4& Step back on L (4), Make 1/4 turn R stepping R to R side (&) (3:00)
- 5-6 Cross L over R as you bend knees into a dip (5), Make 1/4 turn R stepping R forward (6) (6:00)
- 7&8 Step L forward (7), Pivot 1/4 turn R taking weight onto R (&) (9:00), Cross L over R (8)

*** Restart here on Wall 3 (3:00) and Wall 6 (6:00)**

Out, Clap, Out, Clap, 1/2 Run Around, Cross Heel Grind, Behind Side Cross, & Collect

- 1& Step out to R side (1), Clap hands up to right side at head height (&)
- 2& Step out to L side (2), Clap hands down to left side at waist height (&)
- 3&4 Make a curvy 1/2 turn R as you run R (3), L (&), R (4) (3:00)
- 5& Cross L heel across R foot with toes pointing to R (5), Grind L heel fanning toes to L as you step R to R side (&)
- 6&7 Cross L behind R (6), Step R to R side (&), Cross L over R (7)
- &8 Step R to R side (&), Close L next to R (8)

Cross Shuffle, 1/2 Cross Shuffle, Side Rock, Recover, Kick, Cross, Coaster Cross

- 1&2 Cross R over L (1), Step L next to R (&), Cross R over L (2)
- 3&4 Make 1/2 turn L as you cross L over R (3), Step R next to L (&) Cross L over R (4) (9:00)
- 5&6& Rock R to R side (5), Recover on L (&), Kick R forward (6), Cross R over L (&)
- 7&8 Step back on L (7), Step R next to L (&), Cross L over R (8)

Restarts: On Wall 3 (facing 3:00) and Wall 6 (facing 6:00), dance up to and including count 16 (end of 2nd section) and restart.

Ending: At the end of Wall 10 (facing 6:00), Unwind 1/2 Turn R – ta da!