

Lovin U On My Mind

COPPER KNOB
STEPPERS

拍數: 32 牆數: 2 級數: High Intermediate
編舞者: Alan Spence (UK) - August 2010
音樂: 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)

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 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
