

Heart And Mind

88 count, 4 wall, Intermediate level
Choreographer : Mark Cook (UK) Oct 2001
Choreographed to : If You Ever Feel Like Loving
Me Again by Clay Walker, Say No More Album

Phasing: A,A,B,A,A,B,C,A,B,C

PART A. (48 counts)

Cross, step back, shuffle back, step back, ½ turn, coaster.

- 1-2 Cross left over right, step back onto right.
3&4 Shuffle back, left, right, left.
5-6 Step back onto right, make ½ turn over right shoulder, keep weight on left.
7&8 Step right back, step left next to right, step forward onto right.

Cross, step back, shuffle back, step back, ½ turn, coaster.

- 9-10 Cross left over right, step back onto right.
11&12 Shuffle back, left, right, left.
13-14 Step back onto right, make ½ turn over right shoulder, keep weight on left.
15&16 Step right back, step left next to right, step forward onto right.

Cross, vine right, hip sways.

- 17-18 Cross left over right, step right to right side.
19&20 Step left behind right, step right to right side, cross left over right.
21-22 Step right to right side, and sway hips to the right, sway hips to the left.
23-24 Sway hips to the right, sway hips to the left.

Unwind ¾ turn, shuffle, pivot turns.

- 25 -26 Cross right behind left, unwind ¾ over right shoulder.
27&28 Shuffle forward, left, right, left.
29-30 Step forward on right make ½ turn over left shoulder.
31-32 Step forward on right make ¼ turn over left shoulder

Rock, coaster, pivot turns.

- 33-34 Rock forward onto right, recover weight to left.
35&36 Step back on right, step left next to right, step forward onto right.
37-38 Step forward onto left, make ½ turn over right shoulder.
39-40 Step forward onto left, make ¼ turn over right shoulder.

Left vine, shuffle 1/2 turn, rock, sailor.

- 41-42 Step left to left side, step right behind left.
43&44 Shuffle left, making ½ turn over left shoulder.
45-46 Rock right to right side, recover weight to left.
47&48 Step right behind left, step left to left side, step right to right side.

PART B. (24 counts)

Skate forward, shuffle ¼ turn, pivots.

- 1-2 Skate forward on left, skate forward on right.
3&4 Side shuffle, left, right, left, making ¼ turn to left,
5-6 Step forward onto right, pivot ½ turn over left shoulder, keeping weight on right.
7-8 Step back onto left, make a ¼ turn over left shoulder, keeping weight on left.

Cross rocks, skate forward, shuffle ¼ turn.

- 9&10 Cross right over left, recover weight onto left, place right next to left.
11&12 Cross left over right, recover weight onto right, place left next to right.
13-14 Skate forward onto right, skate forward onto left.
15&16 Side shuffle right, left, right, making ¼ turn to the right.

Pivots, cross rocks.

- 17-18 Step forward onto left, pivot ½ turn over right, keeping weight on left.
19-20 Step back onto right, turn ¼ over right shoulder, keeping weight on right.
21&22 Cross left over right, recover weight onto right, step left next to right.
23&24 Cross right over left, recover weight onto left, step right next to left.

PART C. (16 counts)

Cross point, point left, sailor ¼ turn, pivot turns.

- 1-2 Point left over right, point left to left side.
- 3&4 Step left behind right, step right to right side, make ¼ turn to left step forward on left.
- 5-6 Step forward onto right, pivot ½ turn over left shoulder.
- 7-8 Step forward onto right, pivot ¼ turn over left shoulder.

Cross point, point left, sailor ¼ turn, pivot turns.

- 9-10 Point right over left, point right to right side.
- 11&12 Cross right behind left, step left to left side, make ¼ turn to right .step forward on right.
- 13-14 Step forward onto left, pivot ½ turn over right shoulder.
- 15-16 Step forward onto left, pivot ¼ turn over right shoulder.

Dedicated to my wife, Christine, with love.