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On My Mind

32 count, 4 wall, beginner/intermediate level

Choreographer: Vivienne Scott and Fred Buckley
(Canada) Oct 2006

Choreographed to: Arizona On My Mind by Jake Mathews; I'd Rather Have Nothing by Garth Brooks, CD: The Sessions; Hey You by Shakira; Be Yourself by Enrique Iglesias

STEP FORWARD ON DIAGONAL, CROSS ROCK, SIDE SHUFFLE, CROSS ROCK, SIDE STEP 1/4 TURN

- 1 Step right forward on right diagonal
- 2-3 Cross rock left over right, recover on right
- 4&5 Step left to left side, close right beside left, step left to left side
- 6-7 Cross rock right over left, recover on left
- 8 Step right to right side 1/4 turn right

FORWARD SHUFFLE, PIVOT TURN, 1/2 TURN SHUFFLE, TOE STEP 1/2 TURN

- 9&10 Step left forward, close right beside left, step left forward
- 11-12 Step right forward, pivot 1/2 turn left
- 13&14 Step right forward 1/4 turn left, close right beside left, step right back 1/4 turn left
- 15-16 Touch left toe behind, turn 1/2 left stepping down on left

CROSS ROCK, SWEEP, ANCHOR STEP, SWEEP

- 17-18 Cross rock right over left, recover on left (bend knees - like a courtesy - for styling)
- 19-20 Sweep right around and behind left, step on it
- 21-22 Rock on left in place, recover on right
- 23-24 Sweep left around and behind right, step on it

SHUFFLE FORWARD, ROCK RECOVER, 1/2 TURN SHUFFLE, SWAYS

- 25&26 Step right forward, close left beside right, step right forward
- 27-28 Rock forward on left, recover on right
- 29&30 Step left back 1/2 turn left, close right beside left, step left forward
- 31-32 Step sway right to right side, sway left

RESTART for "Arizona On My Mind" only: On 7th wall (2nd time you face the back wall -- 6 o'clock wall) dance first 12 counts, then start again. You will be facing the 3 o'clock wall when you restart.

RESTART For "Hey You" only: On 5th wall dance first 24 counts, then start again.

I'd Rather Have Nothing - quick start, start on 'morning'

Music download available from itunes or
www.maplemusic.com/artists/jma/default.asp
