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## One Track Mind

INTERMEDIATE

32 Count 4 Walls

Choreographed by: Sherrie Poppa

Choreographed to: Everything I

Shouldn't Be Thinkin' About by Thompson Square

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- 1 SWIVEL HEEL, TOUCH FORWARD 2X**  
1 - 4 Weight on LF, place right ball on floor with heel up, rotate heel out then in, touch RF forward,  
5 - 8 Repeat steps 1-4, but step down on RF
- 2 TOUCH LEFT FOOT BACK, HEEL JACKS 2X**  
9 & 10 & Touch left toe back then step down on LF & touch right heel forward & step back on RF &  
11 & 12 Touch left toe back then step down on LF and touch right heel forward
- 3 CHASSE FORWARD, 1/4 TURN RIGHT**  
13 & 14 Chasse, R,L,R  
15 - 16 Step forward on LF, 1/4 turn right
- 4 CROSS LF OVER RF, WEAWE TO RIGHT**  
17 - 18 Cross LF over RF  
19 & 20 Step LF behind RF, step RF to right side, step LF over RF
- 5 1/2 TURN LEFT, CHASSE FORWARD**  
21 - 22 Stepping back on RF, turn 1/4 turn left, stepping forward on LF turn 1/4 left  
23 & 24 Chasse forward, R,L,R
- 6 KICK BALL TOUCH, LEFT AND RIGHT**  
25 & 26 Kick LF forward, step back on ball of left foot, touch RF to right side  
27 & 28 Kick RF forward, step back on ball of right foot, touch LF to left side
- 7 ROCK STEP, COASTER STEP**  
29 - 30 Rock forward on LF, recover on RF  
31 & 32 Step back on LF, step RF next to LF, step slight forward on LF
- START OVER**
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