



Approved by:

Alan G. Birchall

One Track Mind

2 WALL – 64 COUNTS – INTERMEDIATE

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
Section 1 1 – 2 3 & 4 5 – 6 7 – 8	Kick, Kick, Sailor Step, Cross, Side, Behind, 1/4 Turn Kick right slightly across left. Kick right to right side. Cross right behind left. Step left to left side. Step right to place. Cross left over right. Step right to right side. Cross left behind right. Turn 1/4 right stepping right forward. (3:00)	Kick Kick Right Sailor Cross Side Behind Quarter	On the spot Right Turning right
Section 2 1 – 2 3 & 4 5 & 6 7 & 8	Step, Pivot 1/4, Cross Shuffle, Kick Ball Cross x 2 Step left forward. Pivot 1/4 turn right. (6:00) Cross left over right. Step right to right side. Cross left over right. Kick right forward. Step right beside left. Cross left over right. Kick right forward. Step right beside left. Cross left over right.	Step Pivot Cross Shuffle Kick Ball Cross Kick Ball Cross	Turning right Right
Section 3 1 – 2 3 & 4 & 5 & 6 & 7 – 8	Side Rock, Behind Side Cross, Heel Switches, Touch Back, Unwind 1/2 Rock right to right side. Recover onto left. Cross right behind left. Step left to left side. Cross right over left. Step left back. Touch right heel forward. Step right beside left. Touch left heel forward. Step left beside right. Touch right toe back. Unwind 1/2 turn right. (12:00)	Side Rock Behind Side Cross & Heel & Heel & Touch Unwind	On the spot Left On the spot Turning right
Section 4 1 – 2 3 & 4 Option 5 – 6 7 – 8	Forward Rock, Triple Full Turn, Cross, Side, Behind, Unwind 1/2 Rock forward on left. Recover onto right. Triple step full turn left, stepping - left, right, left. Counts 3 & 4: Coaster Step. Cross right over left. Step left to left side. Cross right behind left. Unwind 1/2 turn right. (6:00)	Rock Forward Triple Full Turn Cross Side Behind Unwind	On the spot Turning left Left Turning right
Section 5 1 – 2 3 & 4 5 – 6 7 & 8	Cross Rock, Chasse, Cross, Side, Sailor 1/4 Turn Cross rock left over right. Recover onto right. Step left to left side. Close right beside left. Step left to left side. Cross right over left. Step left to left side. Cross right behind left. Turn 1/4 right stepping left beside right. Step right to place. (9:00)	Cross Rock Chasse Left Cross Side Sailor Turn	On the spot Left Turning right
Section 6 1 – 4 5 – 8	Step, Pivot 1/2, Step, Pivot 1/4, Jazz Box Cross Step left forward. Pivot 1/2 turn right. Step left forward. Pivot 1/4 turn right. (6:00) Cross left over right. Step right back. Step left to left side. Cross right over left.	Step Pivot Step Pivot Jazz Box Cross	Turning right On the spot
Section 7 1 – 2 3 – 4 5 – 6 7 & 8	Monterey 1/2 Turn, Twist 1/4 Turn, Forward Rock, Triple 3/4 Turn Point left to left side. Turn 1/2 left and step left beside right. (12:00) Point right to right side. Twisting right heel to left, turn 1/4 right. (3:00) Rock forward on left. Recover onto right. Triple step 3/4 turn left, stepping - left, right, left. (6:00)	Point Half Point Quarter Rock Forward Triple Three Quarter	Turning left Turning right On the spot Turning left
Section 8 1 – 2 3 & 4 Option 5 – 6 7 & 8 Option	Forward Rock, Triple Full Turn, Forward Rock, Coaster Step Rock forward on right. Recover onto left. Triple step full turn right, stepping - right, left, right. Counts 3 & 4: Coaster Step. Rock forward on left. Recover onto right. Step left back. Step right beside left. Step left forward. (6:00) Counts 7 & 8: Triple step full turn left.	Rock Forward Triple Full Turn Rock Forward Coaster Step	On the spot Turning right On the spot
Ending	Wall 7, End of Section 4: Unwind full turn to finish facing 12:00.		

Choreographed by: Alan Birchall (UK) March 2014

Choreographed to: 'I'm A Freak' by Enrique Iglesias ft Pitbull (128 bpm) from CD Sex & Love (Explicit), or from CD Now That's What I Call Music! 87 (Clean version) download available from amazon or iTunes (16 count intro from start of beat, on lyrics, approx 22 secs)



A video clip of this dance is available at www.linedancermagazine.com