

Begin: As beat commences (when he sings..... My Mind)

- 1-8 STEP LEFT, BEHIND, 1/4 LEFT FORWARD SHUFFLE, PIVOT 1/2, 1/4 TURN STEP, BEHIND**
1,2 Step Left to Side, Step Right behind Left
3&4 Turn 1/4 Left and Step forward on Left, Step Right together, Step forward Left
5,6 Step forward on Right, Pivot 1/2 turn Left
7,8 Turn 1/4 Left and Step Right to Side, Step Left behind Right
- 9-16 1/4 RIGHT FORWARD SHUFFLE, PIVOT 1/2, 1/4 TURN STEP, BEHIND, 1/4 LEFT SHUFFLE FORWARD**
1&2 Turn 1/4 Right and Step forward on Right, Step Left together, Step forward Right
3,4 Step forward on Left, Pivot 1/2 turn Right
5,6 Turn 1/4 Right and Step Left to Side, Step Right behind Left
7&8 Turn 1/4 Left and Step forward on Left, Step Right together, Step forward Left
- 17-24 ROCK FORWARD, RECOVER, 1/2 TURN RIGHT SHUFFLE, SPIN OR WALK, LEFT SHUFFLE FORWARD**
1,2 Rock forward on Right, Recover weight onto Left
3&4 Turn 1/2 Right and Step forward on Right, Step Left together, Step forward Right
5,6 Full turn right travelling forward; stepping left, Right (or walk forward left, Right)
7&8 Step forward on Left, Step Right together, Step forward Left
- 25-32 TOE FORWARD, HOLD, SWITCH (&), TOE FORWARD, HOLD, SWITCH (&), ROCK FORWARD, RECOVER, 1/4 RIGHT SIDE SHUFFLE**
1,2& Tap Right Toe forward, Hold, Step Right foot together on & count (Switch)
3,4& Tap Left Toe forward, Hold, Step Left foot together on & count (Switch)
5,6 Rock forward on Right, Recover weight onto Left
7&8 Turn 1/4 Right and Step Right to Side, Step Left together, Step Right to Side
- 33-40 CROSS ROCK, RECOVER, CHASSE LEFT, CROSS ROCK, RECOVER, CHASSE RIGHT**
1,2 Cross Rock Left over Right, Recover weight onto Right
3&4 Step Left to Side, Step Right together, Step Left to Side
5,6 Cross Rock Right over Left, Recover weight onto Left
7&8 Step Right to Side, Step Left together, Step Right to Side
- 41-48 1/2 HINGE TURN, TOE STRUT, 1/2 HINGE TURN, TOE STRUT, CROSS ROCK, RECOVER, CHASSE LEFT**
&1,2 Turn 1/2 over Right on Right foot (&), Touch Left Toe to Side, Drop Left Heel taking weight
Snap fingers
&3,4 Turn 1/2 over Right on Left foot (&), Touch Right Toe to Side, Drop Right Heel take weight
Snap fingers
(Option to come back on 2nd Hinge turn over Left shoulder if you do not wish to full spin)
5,6 Cross Rock Left over Right, Recover Left
7&8 Step Left to Side, Step Right together, Step Left to Side
- 49-56 CROSS ROCK, RECOVER, 1/4 RIGHT SHUFFLE, TOE FORWARD, HOLD, SWITCH (&), TOE FORWARD, HOLD, SWITCH (&)**
1,2 Cross Rock Right over Left, Recover weight onto Left
3&4 Turn 1/4 Right and Step on Right, Step Left together, Step forward on Right
5,6& Tap Left Toe forward, Hold, Step Left foot together on & count (Switch)
7,8& Tap Right Toe forward, Hold, Step Right foot together on & count (Switch)
- 57-64 ROCK FORWARD, RECOVER, 1/4 LEFT SIDE SHUFFLE, CROSS ROCK, RECOVER, STEP RIGHT TO SIDE, HOLD**
1,2 Rock forward on Left, Recover weight onto Right
3&4 Turn 1/4 Left and Step Left to Side, Step Right together, Step Left to Side
5,6 Cross Rock Right over Left, Recover weight onto Left
7,8 Step Right to Side taking weight (option splay arms down to sides palms facing floor), Hold
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