



Web site: www.linedancermagazine.com

E-mail: admin@linedancermagazine.com

Pak Van Mijn Hart (Load Off My Mind)

32 Count, 4 Wall, Improver

Choreographer: Edwin P Napitu (Netherland) Dec 2014
Choreographed to: Pak Van Mijn Hart by Nick & Simon

Intro: 16 counts

CHASSE, BACK ROCK, PIVOT 1/4 TURN R, CROSS SHUFFLE

- 1 & 2 Step R to right side, step L next to R, step R to right side
- 3 – 4 Rock L behind R, recover on R
- 5 – 6 Step L forward, pivot 1/4 turn right
- 7 & 8 Cross L over R, step R to right side, cross L over R

SIDE ROCK, SAILOR STEP, SAILOR 1/2 TURN L STEP, PIVOT 1/4 TURN L

- 1 – 2 Rock R to right side, recover on L
- 3 & 4 Cross R behind L, step L to left side, step R to right side
- 5 & 6 Cross L behind R, 1/2 turn left step R next to L, step L forward
- 7 – 8 Step R forward, pivot 1/4 turn left

JAZZ BOX 1/4 TURN R, CROSS, POINT, CROSS SHUFFLE

- 1 – 2 Cross R over L, step L to left side
- 3 – 4 1/4 turn right/step R to right side, cross L over R
- 5 – 6 Cross R over L, point L to left side
- 7 & 8 Cross L over R, step R to right side, cross L over R

SIDE ROCK, BEHIND SIDE CROSS, HELL, HEEL, BEHIND SIDE CROSS

- 1 – 2 Rock R to right side, recover on L
- 3 & 4 Cross R behind L, step L to left side, cross R over L
- 5 – 6 Heel L twice diagonal forward
- 7 & 8 Cross L behind R, step R to right side, cross L over R

Restart : During 2nd & 5th wall (after 24 counts), during 8th wall (after 20 counts)

Just Dance & Have Fun!