

BLOW YOUR MIND

LINEDANCE.COM

Count: 32

Wall: 4

Level: Intermediate

Choreographer: Paul McAdam (Mar 09)

Music: Blow Your Mind by Jamiroquai

Count In: Approximately 16 counts, 12 seconds into song

(1-8) Behind-Side-Cross, Ball-Step X2, Touch Cross, Kick-Ball-Side

- 1&2** Cross left foot behind right, step right foot to right side, cross left foot over right
- 3&** Step down on ball of right foot, step down on left foot
- 4&** Step down on ball of right foot, step down on left foot
- 5,6** Touch right toe out to right side, cross right foot over left
- 7&8** Kick left foot forward, step ball of left foot next to right, step right foot to right side

(9-16) Rock &Side, Rock ¼ Turn Side, Rock & Side, Behind-Side-Cross

- 1&2** Rock left foot behind right, recover weight onto right, step left foot to left side
- 3&4** Rock right foot behind left, make a ¼ turn left and step left foot forward, step right foot to right side
- 5&6** Rock left foot behind right, recover weight onto right, step left foot to left side
- 7&8** Cross right foot behind left, step left foot to left side, cross right foot over left

(17-24) Ball-Cross, ½ Turn X2, Coaster Step, Push Back, Together, Ball-Step Touch

- &1,2** Step left foot to left side, cross right foot over left, make a ½ turn left and step left foot forward
- 3** Make another ½ turn left and step right foot back.
- 4&5** Left coaster step
- 6** Push hips back (weight on right)
- 7** Recover weight forward onto left foot as you step right foot next to left
- &8** Step left foot forward, touch right toe next to left

(25-32) Step Back Hip Push X2, Coaster-Step-Lock-Step, ½ Touch

- 1,2** Step back on right foot in line with left foot, push left hip forward
- 3,4** Step back on left foot in line with right foot, push right hip forward

- 5&6** Right coaster step
- &7** Lock left foot behind right, step right foot forward
- &8** Make a ½ turn right on right foot, touch left toe to left side.

RESTART: 8TH WALL, Restart the dance on the 8th wall after count 12.

Start Again And Enjoy!