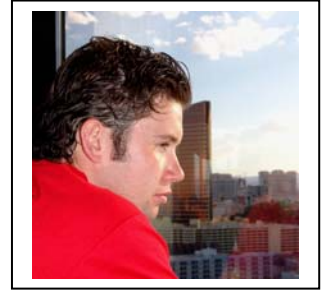


Blow Your Mind

Description: 32 counts. 4 Walls Intermediate Line Dance
Choreographer: Paul McAdam
Music: "Blow Your mind" by Jamiroquai Available on iTunes
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!