

One Track Mind

LINEDANCE.COM

Count: 64 **Wall:** 2 **Level:** Intermediate

Choreographer: Alan Birchall (Nuline UK) March 2014

Music: I'm A Freak - Enrique & Pitbull. CD: Single or Album - Sex & Love (Explicit) or That's What I Call Music 87 (Clean Version)

Released At LDF Manchester 2014

Start: On Lyrics - Seconds: 22 - Counts: 16 From Start Of Beat - BPM: 128

KICK FRONT, SIDE, SAILOR STEP, CROSS, SIDE, BEHIND $\frac{1}{4}$

- 1-2 Kick Right Foot Slightly Across Left, Kick Right Foot To Right
- 3&4 Cross Right Behind Left, Step Left To Left, Step Right In Place
- 5-6 Cross Left Over Right, Step Right To Right
- 7-8 Step Left Behind Right, Making $\frac{1}{4}$ Turn Right Step Forward On Right 3:00

STEP $\frac{1}{4}$, CROSS SHUFFLE, KICK BALL CROSS X2

- 9-10 Step Forward On Left, $\frac{1}{4}$ Pivot Right 6:00
- 11&12 Cross Left Over Right, Step Right To Right, Cross Left Over Right
- 13&14 Kick Right Foot Forward, Step Back On Right, Cross Left Over Right
- 15&16 Kick Right Foot Forward, Step Back On Right, Cross Left Over Right

ROCK, RECOVER, BEHIND, SIDE, CROSS, HEEL SWITCHES, TOUCH BACK, UNWIND $\frac{1}{2}$

- 17-18 Rock Right To Right, Recover On Left
- 19&20 Cross Right Behind Left, Left To Left, Cross Right Over Left
- &21&22 Step Back On Left, Touch Right Heel Forward, Step Right By Left, Touch Left Heel Forward
- &23-24 Step Left By Right, Touch Right Toe Back, Unwind $\frac{1}{2}$ Turn Right 12:00

ROCK, RECOVER, FULL TRIPLE TURN, CROSS, SIDE, BEHIND, UNWIND $\frac{1}{2}$

- 25-26 Rock Forward On Left, Recover On Right
- 27&28 Full Triple Turn Left Stepping Left Right Left 12:00

Alt: Coaster Step

- 29-30 Cross Right Over Left, Step Left To Left
- 31-32 Cross Right Behind Left, Unwind $\frac{1}{2}$ Turn Right 6:00

**Dance Finishes Here During 7th Wall - Simply Unwind A Full Turn To Finish Facing
12:00**

CROSS ROCK, RECOVER, SIDE SHUFFLE, CROSS, SIDE, ¼ SAILOR TURN

- 33-34 Cross Rock Left Over Right, Recover On Right
35&36 Step Left To Left, Right By Left, Step Left To Left
37-38 Cross Right Over Left, Step Left To Left
39&40 Cross Right Behind Left, Making ¼ Turn Right Stepping Left By Right, Step Right In Place
9:00

STEP ½ PIVOT, STEP ¼ PIVOT, CROSS, BACK, SIDE, CROSS

- 41-42 Step Forward On Left, ½ Pivot Right 3:00
43-44 Step Forward On Left, ¼ Pivot Right 6:00
45-46 Cross Left Over Right, Step Back On Right
47-48 Step Left To Left, Cross Right Over Left

½ MONTEREY TURN, POINT ¼ TWIST, ROCK, RECOVER, ¾ TRIPLE TURN

- 49-50 Point Left To Left, Making ½ Turn Left Stepping Left By Right 12:00
51-52 Point Right To Right, Twisting Right Heel Left Make ¼ Turn Right 3:00
53-54 Rock Forward On Left, Recover On Right

55&56¾ Triple Turn Left Stepping Left Right Left 6:00

ROCK, RECOVER, FULL TRIPLE TURN, ROCK, RECOVER, COASTER STEP

- 57-58 Rock Forward On Right, Recover On Left
59&60 Full Triple Turn Right Stepping Right Left Right 6:00

Alt: Coaster Step

- 61-62 Rock Forward On Left, Recover On Right
63&64 Step Back On Left, Step Right By Left, Step Forward On Left 6:00

Alt: Full Triple Turn Left

START AGAIN

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