

Body On My Mind

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Count: 64

Wall: 2

Level: Intermediate

Choreographer: Joan Morro (ES) - August 2021

Music: - Alok

Intro: 16 counts

[1-8] DOROTHY X 2, STEP FWD & DOUBLE KNEE POP, BACK SLIDE & DRAG

1, 2&RF step fwd slightly right diagonal, LF step fwd lock behind RF, RF step in place

3, 4&LF Step fwd slightly Left diagonal, RF Step fwd lock behind LF, LF step in place

5&6RF step Fwd, BF put both feet on the ball (Knee pop), BF Drop feet

7, 8RF Big Step bwd, LF drag to LF

[9-16] BALL STEP, STEP FWD, ROCK SIDE CROSS, 3/8 STEP TURN R, CROSS & HEEL

&1, 2LF step together Rf on Ball, RF Step Fwd, LF step fwd

&3, 4RF rock side R, LF Recover, RF Cross over LF

5, 6LF Step Fwd to diagonal (10.30), RF Turn 3/8 R & step side R (3.00)

7&8LF Cross over RF, RF Step Side R, LF Heel Touch near RF

[17-24] VAUDEVILLE, SNAKE ROLL, HEEL STOMP X 2

&1,&2,&3LF Step slightly bwd, RF Cross over L, LF Step side L, RF Heel Touch near LF, RF Step Slightly bwd, Lf Cross Over R

4,5,6 Step side with 1/8 turn R (4.30), start Snaked roll weight on RF, Finish Snaked roll weight LF

7,8RF heel Stomp, RF heel Stomp

[25-32] KICK, SLOW COASTER STEP, OUT OUT, SWIVET X2 R&L

1RF Kick fwd

2,3,4RF Step bwd, LF Step bwd together RF, RF Step Fwd

5,6LF step out L, RF step out R

&7BF RF swivel R on heel & LF Swivel R on Toe, BF return to center

&8BF RF Swivel L on toe & LF Swivel L on heel, BF return to center

[33-40] SLIDE & TOGETHER, BACK LOCKSTEP, TURN TOE STRUT ½ L, ½ L STEP TURN

1,2RF Big step to R side with 1/8 turn R (6.00), LF Step together RF

3&4RF step bwd, LF step bwd lock over RF, RF step bwd

5,6LF ½ turn L & toe touch, LF Drop heel (12.00)

7,8RF Step fwd, LF ½ turn L & Step fwd (6.00)

[40-48] RELEVÉ KICK BALL STEP, ROCK FWD, ¼ TURN R, OUT OUT, ELVIS KNEES R&L

1&2BF LF up to relevé & RF Kick fwd, BF LF drop heel & RF step together LF, LF step fwd

3,4RF Rock fwd, LF Recover

5,6RF ¼ turn R & step side R, LF step slightly out (side Left) (9.00)

&7&8RK turn right knee inside, Rk recover, LK turn left knee inside, LK recover

[49-56] ¼ TURN L, ½ TURN L, SHUFFLE WITH ½ TURN L, BODY ROLL X 2 & HITCH

1,2LF ¼ turn L & step fwd (6.00), RF ½ Turn L & step bwd (12.00)

3&4LF ½ L & step fwd (6.00), RF step fwd near LF, LF step fwd

5,6RF Rock fwd start body roll, LF recover finish body roll

7,8RF Rock fwd Start body roll, LF recover with Hitch RF

[57-64] SHUFFLE FWD, ROCK FWD, 3 STEP BWD & TOUCH

1&2RF Step fwd, LF Step fwd near RF, RF Step Fwd

3,4LF Rock fwd, RF Recover

5,6,7LF step bwd, RF Step Bwd, LF step bwd (with styling)

8RF touch near LF

Tag 1; In the second wall, after count 32

1RF Slide side R with 1/8 turn R (12.00)

2,3LF Drag

4LF Stomp near RF

Tag 2: in the Fifth wall, after count 32

1,2RF Slide side R with 1/8 turn R (6.00), LF touch near RF

3,4LF Rock Bwd, RF recover

5,6LF Rock Fwd, RF recover

7LF Stomp near RF

&8BH Clap & Clap