

# HEART AND MIND

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**Count:** —                      **Wall:** 4                      **Level:** intermediate

**Choreographer:** Mark Cook

**Music:** If You Ever Feel Like Loving Me Again by Clay Walker

**Sequence:** AAB, AABC, ABC

**Dedicated to my wife, Christine, with love**

## PART A. (48 COUNTS)

### CROSS, STEP BACK, SHUFFLE BACK, STEP BACK, ½ TURN, COASTER

- 1-2            Cross left over right, step back onto right
- 3&4           Shuffle back, left, right, left
- 5-6           Step back onto right, make ½ turn over right shoulder, keep weight on left
- 7&8           Step right back, step left next to right, step forward onto right

### CROSS, STEP BACK, SHUFFLE BACK, STEP BACK, ½ TURN, COASTER

- 9-10           Cross left over right, step back onto right
- 11&12        Shuffle back, left, right, left
- 13-14        Step back onto right, make ½ turn over right shoulder, keep weight on left
- 15&16        Step right back, step left next to right, step forward onto right

### CROSS, VINE RIGHT, HIP SWAYS

- 17-18        Cross left over right, step right to right side.
- 19&20        Step left behind right, step right to right side, cross left over right
- 21-22        Step right to right side, and sway hips to the right, sway hips to the left
- 23-24        Sway hips to the right, sway hips to the left

### UNWIND ¾ TURN, SHUFFLE, PIVOT TURNS

- 25-26        Cross right behind left, unwind ¾ over right shoulder
- 27&28        Shuffle forward, left, right, left
- 29-30        Step forward on right make ½ turn over left shoulder
- 31-32        Step forward on right make ¼ turn over left shoulder

## **ROCK, COASTER, PIVOT TURNS**

- 33-34** Rock forward onto right, recover weight to left
- 35&36** Step back on right, step left next to right, step forward onto right
- 37-38** Step forward onto left, make  $\frac{1}{2}$  turn over right shoulder
- 39-40** Step forward onto left, make  $\frac{1}{4}$  turn over right shoulder.

## **LEFT VINE, SHUFFLE $\frac{1}{2}$ TURN, ROCK, SAILOR**

- 41-42** Step left to left side, step right behind left
- 43&44** Shuffle left, making  $\frac{1}{2}$  turn over left shoulder
- 45-46** Rock right to right side, recover weight to left
- 47&48** Step right behind left, step left to left side, step right to right side

## **PART B. (24 COUNTS)**

### **SKATE FORWARD, SHUFFLE $\frac{1}{4}$ TURN, PIVOTS**

- 1-2** Skate forward on left, skate forward on right
- 3&4** Side shuffle, left, right, left, making  $\frac{1}{4}$  turn to left
- 5-6** Step forward onto right, pivot  $\frac{1}{2}$  turn over left shoulder, keeping weight on right
- 7-8** Step back onto left, make a  $\frac{1}{4}$  turn over left shoulder, keeping weight on left

### **CROSS ROCKS, SKATE FORWARD, SHUFFLE $\frac{1}{4}$ TURN**

- 9&10** Cross right over left, recover weight onto left, place right next to left
- 11&12** Cross left over right, recover weight onto right, place left next to right
- 13-14** Skate forward onto right, skate forward onto left
- 15&16** Side shuffle right, left, right, making  $\frac{1}{4}$  turn to the right

### **PIVOTS, CROSS ROCKS**

- 17-18** Step forward onto left, pivot  $\frac{1}{2}$  turn over right, keeping weight on left
- 19-20** Step back onto right, turn  $\frac{1}{4}$  over right shoulder, keeping weight on right
- 21&22** Cross left over right, recover weight onto right, step left next to right
- 23&24** Cross right over left, recover weight onto left, step right next to left

## **PART C (16 COUNTS)**

## **CROSS POINT, POINT LEFT, SAILOR ¼ TURN, PIVOT TURNS**

- 1-2** Point left over right, point left to left side
- 3&4** Step left behind right, step right to right side, make ¼ turn to left step forward on left
- 5-6** Step forward onto right, pivot ½ turn over left shoulder
- 7-8** Step forward onto right, pivot ¼ turn over left shoulder

## **CROSS POINT, POINT LEFT, SAILOR ¼ TURN, PIVOT TURNS**

- 9-10** Point right over left, point right to right side
- 11&12** Cross right behind left, step left to left side, make ¼ turn to right, step forward on right
- 13-14** Step forward onto left, pivot ½ turn over right shoulder
- 15-16** Step forward onto left, pivot ¼ turn over right shoulder