

# Pak Van Mijn Hart (Load Off My Mind)

LINEDANCE.COM

**Count:** 32      **Wall:** 4      **Level:** Beginner / Intermediate

**Choreographer:** Edwin P Napitu (Netherland) Dec 2014

**Music:** Pak van mijn Hart (Nick & Simon)

## **Intro: 16 counts**

### **CHASSE, BACK ROCK, PIVOT 1/4 TURN R, CROSS SHUFFLE**

- 1 & 2**      Step R to right side, step L next to R, step R to right side
- 3 - 4**      Rock L behind R, recover on R
- 5 - 6**      Step L forward, pivot 1/4 turn right
- 7 & 8**      Cross L over R, step R to right side, cross L over R

### **SIDE ROCK, SAILOR STEP, SAILOR 1/2 TURN L STEP, PIVOT 1/4 TURN L**

- 1 - 2**      Rock R to right side, recover on L
- 3 & 4**      Cross R behind L, step L to left side, step R to right side
- 5 & 6**      Cross L behind R, 1/2 turn left step R next to L, step L forward
- 7 - 8**      Step R forward, pivot 1/4 turn left

### **JAZZ BOX ¼ TURN R, CROSS, POINT, CROSS SHUFFLE**

- 1 - 2**      Cross R over L, step L to left side
- 3 - 4**      1/4 turn right/step R to right side, cross L over R
- 5 - 6**      Cross R over L, point L to left side
- 7 & 8**      Cross L over R, step R to right side, cross L over R

### **SIDE ROCK, BEHIND SIDE CROSS, HELL, HEEL, BEHIND SIDE CROSS**

- 1 - 2**      Rock R to right side, recover on L
- 3 & 4**      Cross R behind L, step L to left side, cross R over L
- 5 - 6**      Heel L twice diagonal forward
- 7 & 8**      Cross L behind R, step R to right side, cross L over R

**Restart : During 2nd & 5th wall ( after 24 counts), during 8th wall (after 20 counts)**

**Just Dance & Have Fun!**

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Source: LineDance.com — [https://www.linedance.com/index.php?f=dance\\_view&id=101685](https://www.linedance.com/index.php?f=dance_view&id=101685)