

# MIND OVER MATTER

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**Count:** 48

**Wall:** 4

**Level:** intermediate

**Choreographer:** Cindi Talbot

**Music:** Intuition by Jewel

## KICK STEP CROSS, KICK STEP POINT, KICK STEP POINT, SAILOR ¼ TURN

- 1&2** Kick right forward, step right in place, cross left over right
- 3&4** Kick right forward, step right in place, point left toe to left side (bend knees)
- 5&6** Kick left forward, step left in place, point right toe out to right side (bend knees)
- 7&8** Sailor step right-left-right making ¼ turn right

## SHUFFLE HITCH ½, SHUFFLE, ROCKS FORWARD & BACK & ½ TURN STEP

- 9&10&** Shuffle forward left-right-left, hitch right knee making ½ turn right
- 11&12** Shuffle forward right-left-right
- 13&14&** Rock forward on left, recover right, rock back on left, recover on right
- 15&16** Step forward on left, pivot ½ turn right(weight on right), step forward left

## STEP BEHIND & CROSS SHUFFLE, ROCK RECOVER, PADDLE ½ TURN

- 17-18** Step right to right, step left behind right
- &** Step right to right
- 19&20** Shuffle left-right-left across right
- 21-22** Rock right to right, recover on left
- 23&24&** Touch right to right, pivot ¼ turn left as you hitch right knee, touch right to right side, pivot ¼ turn left as you hitch right knee

## WALK WALK TWISTS FORWARD & BACK, STEP HITCH, COASTER

- 25&** Step forward right as you twist heels in, twist heels out
- 26&** Step forward on left as you twist heels in, twist heels out
- 27&** Touch right forward as you twist heels in, twist heels out
- 28&** Touch right back as you twist heels in, twist heels out
- 29-30** Step forward right, hitch left knee pivoting ½ turn right
- 31&32** Back coaster left-right-left

## **TOUCH HITCH CROSS, SHOULDER SHRUGS (TWICE), TOUCH BACK ½ TURN**

- 33&34** Touch right to right side, hitch right knee, cross right over left
- 35&36** Lean body left, pushing left shoulder down, up, down
- 37&38** Lean body right, pushing right shoulder down up down
- 39-40** Touch left toe behind right foot, pivot ½ turn left putting weight on left

## **SIDE SHUFFLE ¼, SHUFFLE ¼, SIDE SHUFFLE ¼, SHUFFLE ¼**

- 41&42** Side shuffle right-left-right making ¼ turn left
- 43&44** Shuffle left-right-left ¼ turn left
- 45&46** Side shuffle right-left-right making ¼ turn left
- 47&48** Shuffle left-right-left ¼ turn left

## **REPEAT**