

Mind Won't Stop

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Count: 32 **Wall:** 2 **Level:** High Intermediate

Choreographer: Kirsten Matthiessen - August 2016

Music: '11 Blocks' by Warbel

Intro: 32 counts (app. 20 seconds)

Tags: There are two Tags, see below for details - don't worry they are easy □

Phrasing:

After wall 2: Tag 1

After wall 3: Tag 2

After wall 6: Tag 2 + Tag 1

[1-8] Rock recover, Behind $\frac{1}{4}$ L step, Step fw, Anchor step, Sweep $\frac{1}{2}$ L, Step fw

- 1-2** Rock R fw, recover onto L sweeping R CW 12:00
- 3&4-5** Cross R behind L, turn $\frac{1}{4}$ L stepping L fw, step R fw, step L fw 09:00
- 6&7-8** Step R behind L, step L in place, step R in place sweeping L CCW starting a $\frac{1}{2}$ L turn, complete the $\frac{1}{2}$ L turn stepping L fw 03:00

[9-17] Step lock step x2, Mambo step, Ball step, Sailor $\frac{1}{4}$ L

- 1&2** Step R diagonally fw, lock L behind R, step R diagonally fw 03:00
- &3-4** Step L diagonally fw, lock R behind L, step L fw 03:00
- 5&6** Rock R fw, recover onto L, step R back 03:00
- &7** Step L next to R, step R back sweeping L CCW 03:00
- 8&1** Cross L behind R, turn $\frac{1}{4}$ L stepping R small step to R side, step L fw 12:00

[18-24] Walk walk, Hold, Ball rock, Ball step $\frac{1}{2}$ L turn

- 2-3-4** Step R fw, step L fw, hold 12:00
- &5-6** Step R next to L, rock L fw, recover onto R 12:00
- &7-8** Step L next to R, step R fw, turn $\frac{1}{2}$ L stepping onto L 06:00

[25-32] $\frac{1}{4}$ L, Cross shuffle, $\frac{1}{4}$ L, Cross behind, Side rock, Behind side, Step $\frac{1}{2}$ L turn

1&2&3 Turn $\frac{1}{4}$ L stepping R to R side, cross L over R, step R to R side, cross L over R, turn $\frac{1}{4}$ L stepping back on R sweeping L CCW 12:00

Note: This should be done as a gradual $\frac{1}{2}$ L turn making a half circle

4-5& Cross L behind R, rock R to R side, recover onto L 12:00

6& Cross R behind L, step L to L side 12:00

7-8 Step R fw, turn $\frac{1}{2}$ L stepping onto L 06:00

Tag 1: Rocking Chair

1-2-3-4 Rock R fw, recover onto L, rock R back, recover onto L 12:00

Tag 2: Jazzbox, Step $\frac{1}{2}$ L turn, Sweep $\frac{1}{2}$ L turn, Touch

1-2-3-4 Cross R over L, step L back, step R to R side, step L fw 12:00

5-6 Step R fw, turn $\frac{1}{2}$ L stepping onto L 06:00

7-8 Sweep R turning $\frac{1}{2}$ L, touch R next to L 12:00

Hope you enjoy

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