

# On My Mind

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**Count:** 64      **Wall:** 2      **Level:** Intermediate

**Choreographer:** Nathan Gardiner (Scotland) August 2017

**Music:** On My Mind by Disciples

## Intro: 16 counts

### S1: $\frac{1}{4}$ R, $\frac{1}{2}$ R, $\frac{1}{4}$ R Chasse, Cross, Side R, Sailor $\frac{1}{4}$ L

1-2 $\frac{1}{4}$  R stepping forward on R,  $\frac{1}{2}$  R stepping back on L

3&4 $\frac{1}{4}$  R stepping R to R side, Step L next to R, Step R to R side

5-6      Cross L over R, Step R to R side

7&8      Step L behind R,  $\frac{1}{4}$  R stepping R to R side, Step forward on L

### S2: Pivot $\frac{1}{2}$ R, $\frac{1}{2}$ R, Coaster Step, Skate Forward L & R, Diagonal Shuffle

1-2      Pivot  $\frac{1}{2}$  R,  $\frac{1}{2}$  R stepping back on L

3&4      Step back on R, Step L next to R, Step forward on R

5-6      Skate forward on L, Skate forward on R

7&8      Step L to L diagonal, Step R next to L, Step L to L diagonal

### S3: Cross Rock, Recover, Chasse R, Touch Across, Point, Sailor $\frac{1}{4}$ L

1-2      Cross rock R over L, Recover on L

3&4      Step R to R side, Step L next to R, Step R to R side

5-6      Touch L across R, Point L to L side

7&8      Step L behind R,  $\frac{1}{4}$  L stepping R to R side, Step L to L side

### S4: Tap with Hip Bumps R & L, Rock Forward, Recover, $\frac{1}{2}$ R, $\frac{1}{4}$ R

1-2      Tap R toe forward bumping hips forward, Step slightly forward on R

3-4 Tap L toe forward bumping hip forward, Step slightly forward on L

5-6 Rock forward on R, Recover on L

### **7-8½ R stepping forward on R, ¼ R stepping L to L side**

#### **S5: Behind, Side L, Cross Shuffle, Hip Sways L, R, L, R**

1-2 Step R behind L (styling: as you step behind pop L knee forward), Step L to L side

#### **(styling: as you step to L side pop R knee forward)**

3&4 Cross R over L, Step L to L side, Cross R over L

5-6 Step L to L side swaying hips to L side, Sway hips to R side

7-8 Sway hips to L side, Sway hips to R side

#### **S6: Behind Side Cross, Monterey ¼ R, Kick Ball Touch, Hip Bumps**

1&2 Step L behind R, Step R to R side, Cross L over R

3-4 Point R to R side, ¼ R stepping R next to L

5&6 Kick L forward, Step L next to R, Touch R toe slightly forward

7-8 Bump R hip forward, Bump R hip back to centre

#### **S7: R Lock, R Lock Step, L Lock Step, Step Pivot ¼ L**

1-2 Step forward on R, Lock L behind R

3&4 Step forward on R, Lock L behind R, Step forward on R

5&6 Step forward on L, Lock R behind L, Step forward on L

7-8 Step forward on R, Pivot ¼ L

#### **S8: Jazz Box Cross ¼ R, Side Rock, Recover, Cross Rock, Recover**

1-2 Cross R over L, ¼ R stepping back on L

3-4 Step R to R side, Cross L over R

5-6 Rock out to R side, Recover on L

7-8

Cross rock R over L, Recover on L

**Contact: [nathan.gardiner1998@hotmail.co.uk](mailto:nathan.gardiner1998@hotmail.co.uk)**

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