

ONE TRACK MIND

Released At LDF Manchester 2014

Choreographer: Alan G. Birchall

Level: Intermediate

Dance: 64 Count 2 Wall

Tags & Restarts: None

Music: I'm A Freak – Enrique & Pitbull

CD: Single or Album - Sex & Love (Explicit) or That's What I Call Music 87 (Clean Version)

Start: On Lyrics

Seconds: 22 Counts: 16 From Start Of Beat BPM: 128



alan g. birchall

KICK FRONT, SIDE, SAILOR STEP, CROSS, SIDE, BEHIND ¼

- 1-2 Kick Right Foot Slightly Across Left, Kick Right Foot To Right
- 3&4 Cross Right Behind Left, Step Left To Left, Step Right In Place
- 5-6 Cross Left Over Right, Step Right To Right
- 7-8 Step Left Behind Right, Making ¼ Turn Right Step Forward On Right **3:00**

STEP ¼, CROSS SHUFFLE, KICK BALL CROSS x2

- 9-10 Step Forward On Left, ¼ Pivot Right **6:00**
- 11&12 Cross Left Over Right, Step Right To Right, Cross Left Over Right
- 13&14 Kick Right Foot Forward, Step Back On Right, Cross Left Over Right
- 15&16 Kick Right Foot Forward, Step Back On Right, Cross Left Over Right

ROCK, RECOVER, BEHIND, SIDE, CROSS, HEEL SWITCHES, TOUCH BACK, UNWIND ½

- 17-18 Rock Right To Right, Recover On Left
- 19&20 Cross Right Behind Left, Left To Left, Cross Right Over Left
- &21&22 Step Back On Left, Touch Right Heel Forward, Step Right By Left, Touch Left Heel Forward
- &23-24 Step Left By Right, Touch Right Toe Back, Unwind ½ Turn Right **12:00**

ROCK, RECOVER, FULL TRIPLE TURN, CROSS, SIDE, BEHIND, UNWIND ½

- 25-26 Rock Forward On Left, Recover On Right
- 27&28 Full Triple Turn Left Stepping Left Right Left **12:00** Alt: Coaster Step
- 29-30 Cross Right Over Left, Step Left To Left
- 31-32 Cross Right Behind Left, Unwind ½ Turn Right **6:00**

Dance Finishes Here During 7th Wall - Simply Unwind A Full Turn To Finish Facing 12:00

CROSS ROCK, RECOVER, SIDE SHUFFLE, CROSS, SIDE, ¼ SAILOR TURN

- 33-34 Cross Rock Left Over Right, Recover On Right
- 35&36 Step Left To Left, Right By Left, Step Left To Left
- 37-38 Cross Right Over Left, Step Left To Left
- 39&40 Cross Right Behind Left, Making ¼ Turn Right Stepping Left By Right, Step Right In Place **9:00**

STEP ½ PIVOT, STEP ¼ PIVOT, CROSS, BACK, SIDE, CROSS

- 41-42 Step Forward On Left, ½ Pivot Right **3:00**
- 43-44 Step Forward On Left, ¼ Pivot Right **6:00**
- 45-46 Cross Left Over Right, Step Back On Right
- 47-48 Step Left To Left, Cross Right Over Left

½ MONTEREY TURN, POINT ¼ TWIST, ROCK, RECOVER, ¾ TRIPLE TURN

- 49-50 Point Left To Left, Making ½ Turn Left Stepping Left By Right **12:00**
- 51-52 Point Right To Right, Twisting Right Heel Left Make ¼ Turn Right **3:00**
- 53-54 Rock Forward On Left, Recover On Right
- 55&56 ¾ Triple Turn Left Stepping Left Right Left **6:00**

ROCK, RECOVER, FULL TRIPLE TURN, ROCK, RECOVER, COASTER STEP

- 57-58 Rock Forward On Right, Recover On Left
- 59&60 Full Triple Turn Right Stepping Right Left Right **6:00** Alt: Coaster Step
- 61-62 Rock Forward On Left, Recover On Right
- 63&64 Step Back On Left, Step Right By Left, Step Forward On Left **6:00** Alt: Full Triple Turn Left

START AGAIN



Dance Sheet Prepared By: Alan G. Birchall

D&G and BWDA Fully Qualified Instructor

For bookings or information contact: Alan Tel: + 44 (0) 1204 654503 (UK)

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