



Heart of My Mind

Choreographed by Kate Sala

Description: 48 count, 4 wall, beginner / intermediate waltz
Music: **The Heart of My Mind** by Sweetback Sisters

Start after 48 Count Intro. 24 seconds in.

TWO TWINKLES

- 1-3 Cross left over right, step right to right, step left in place
- 4-6 Cross right over left, step left to left, step right in place

STEP ¼ TURN LEFT BALANCE, BACK BASIC BALANCE

- 1-3 Step forward on left making a ¼ turn left, step right next to left, step left next to right
- 4-6 Step back right, step left next to right, step right next to left

CROSS, POINT, HOLD, WEAVE LEFT

- 1-3 Step forward left and slightly across right, touch right toe out to right side, hold
- 4-6 Cross right over left, step left to left, hook right behind left

STEP LEFT, TOUCH, KICK, COASTER STEP

- 1-3 Step left to left w/toes turned left, touch right toe next to left, kick right foot forward to left diagonal
- 4-6 (Still on the diagonal) Step back on right, step left next to right, step forward right

FORWARD BALANCE, RUN BACK

- 1-3 Step forward on left, step right next to left, step left next to right
- 4-6 Quick steps walking back (right, left, right)

The above 6 counts are still danced on the diagonal.

3 Count Tag and Restart on wall 3 – Sweep left behind right in a counter-clockwise circle as you turn 3/8 left to 9:00, touch left next to right. (no weight change during sweep)

SAILOR STEP WITH 3/8 TURN LEFT, WEAVE LEFT

- 1-3 Hook left behind right, turn 3/8 left to face 3:00 stepping right to right, step left to left
- 4-6 Cross right over left, step left to left, hook right behind left

STEP LEFT, DRAG, SWAY

- 1-3 Take a long step on left to left, drag right in to left over 2 counts keeping weight on left
- 4-6 Step right to right swaying hips right, sway hips left, sway hips right

Restart on wall 4 facing 12:00

CROSS, TOUCH, KICK, COASTER STEP

- 1-2 Cross left over right turning the body naturally to right diagonal, touch right toe next to left
- 3 Still facing the diagonal kick right foot forward
- 4-6 Step back right, step left next to right, step forward right

The above coaster step is still on the diagonal, then straighten up to the side wall as you start again.

REPEAT