

BLUE GRASS ON MY MIND

CHOREOGRAPHER: Glenda Silver (Aust July 2025)
MUSIC: Blue Grass on My Mind by Tyler Booth
ALBUM: Downtown
DESCRIPTION: **Count:** 40 **Walls:** 4 **Tag:** 1 **Restart:** 2
LEVEL: Intermediate **Intro:** 32 counts from heavy beat, on vocals

Rock L across R, Replace, Step Side L
Rock R across L, Replace, Step Side R
Cross 1/4 L Sailor Step, Shuffle Forward RLR

1&2 Rock L across R, replace onto R, side L
3&4 Rock R across L, replace onto L, side R
5&6 Cross L over R, 1/4 turn L on R, side L
7&8 Shuffle Fwd RLR

Step Forward L, 1/2 Pivot R, Forward L
Step Forward R, 1/2 Pivot L, Forward R
Roll Forward LRL, Coaster Forward R

1&2 Step Fwd L, 1/2 pivot R (&), step Fwd L
3&4 Step Fwd R, 1/4 paddle L (&), step Fwd R
5&6 Full turn R, stepping LRL
7&8 Step Fwd R, tog, L, back R

L Behind R, 1/4 Turn R, Forward L
R Rhumba Box

Sway RL

1&2 Step L behind R, 1/4 turn R on R, step Fwd L
3&4 Side R, tog L, Fwd R *** R
5&6 Side L, tog R, back L
7&8 Sway RL

Shuffle Forward RLR, Behind L, 1/4 Turn R, Forward L ** Tog R (&)
Side R, Together L, Forward R
Side L, Together R, Side L

1&2 Shuffle Fwd RLR
3&4 Step L behind R, 1/4 turn R on R (&), Fwd L
5&6 Step side R, tog L, Fwd R
7&8 Side L, tog R (&), side L

Side R, Together Cross R, Sway LR
Sailor Step L, 1/4 Sailor Step R * Tag

1&2 Side R, tog L (&), cross R over L
3&4 Sway LR
5&6 Step L behind R, side R (&), side L
7&8 Step R behind L, 1/4 turn R on L (&), side R #

Tag: Wall 1: * Dance to count 40.

Add **Tag:** * Hips LRLR

Restart: Wall 3: ** Facing 12.00. Dance to count 28.

Add **Tog R (&). R**

Wall 5: *** Facing 9.00. Dance to count to count 20

Finish: # Facing 3.00. Cross L over R, unwind 3/4 turn R, to face 12.00

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