

Get It Off My Mind

Count: 32

Wall: 4

Level: Beginner

Choreographer: Ivy DeChant (USA) - August 2026

Music: Heartbreak Express - Dolly Parton



No Tags/No Restarts

SECTION 1: Rocking Chair, Walk Forward L Kick

- 1-4 R forward rock, L recover, R rock back, L recover
- 5-8 RF step forward, LF forward, L F forward, point; R kick

SECTION 2: Step Back Touches, Jump Out, Jump In

- 1-4 L step back, R touch together, R step back, L touch together
- 5-6 Jump back out, hold on 6
- 7-8 Jump forward in, hold on 8

SECTION 3: Lindy to Right, Rock-Recover; Lindy to Left ¼ Turn, Roc-Recover

- 1&2 R side, L together, R side step
- 3-4 L rock back, recover R
- 5&6 L side, R together, L side step
- 7-8 ¼ turn to right-rock back R, recover L

SECTION 4: Charleston, Kick, Hip Bumps

- 1-2 RF step forward, L kick
 - 3-4 LF step back, R toe point back
 - 5-6 RF forward slightly, hip bumps 2X RR
 - 7-8 Change weight on LF, hip bumps 2X LL
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