

I'm Gone

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Donna Manning (USA) - June 2015
音乐: Lose My Mind - Brett Eldredge



Tag with a Restart wall 3 after 16 counts

Sec. 1 (1-8) □ Fwrd Traveling R & L Boto Fogo, Rock, Recover ¼, ¼ Turn Triple

1a2, Cross R over L (10:30), Bring L to R making ¼ turn R (1:30), Step R to diagonal
3a4 Cross L over R (1:30), Bring R to L making ¼ turn L (10:30), Step L to diagonal □ (12:00)
5,6 Rock R fwd, Recover to L making ¼ turn to R
7&8 making ¼ turn to R- step R to diagonal, close L to R step R fwd (6:00)

Sec.2 (9-16) □ Running Lock Steps, Rock, Recover, Drag, Ball-1/4 turn

1,2&3&4& Step L to diagonal, bring ball of R to L heel, step L to diagonal, step R to diagonal, bring ball
 of L to R, Step R to diagonal, Step L fwd
5,6 Rock R fwd, Recover to L
7, 8&1 Step R back, Drag L back to R, close L to R making ¼ turn L stepping R to R side (3:00)

TAG: Wall 3 after 16 counts (Wall Starts @ 6:00 – Tag happens at 9:00)

As you step the R to R side on count 1, continue a full hip circle for 4 counts bringing weight back to L

Sec.3 (17-24) □ Back Rock, Recover, Bump & Step, Change Weight Look, ¼ Turn, ½ Turn Ronde

2,3, 4&5 L back Rock, Recover to R, Step L to side bumping hip L, R, taking weight to L on 5 (9:00)
6,7 Change weight back to R looking over R should to spot destination, ¼ turn L stepping L fwd
 (6:00)
8 ½ turn L on the ball of L touching R next to L (keep R close to L ankle or use a sweep w/R)
 (12:00)

Sec.4 (25-32) □ Vine ¼ Turn, Side, Rock & Step, L Boto Fogo

1,2,3,4 Step R to R side, L behind R, ¼ Turn R stepping R fwd, Step L to L side (3:00)
5&6 Rock back on R, Recover to L (angle body to 4:30), step R to diagonal
7&8 Cross L over R (4:30), Bring R to L making ¼ turn L (1:30), Step L to diagonal (1:30) (3:00
 wall)