

拍数: 32 墙数: 4 级数: Beginner

编舞者: Donna Manning (USA) - June 2015 音乐: Lose My Mind - Brett Eldredge



Tag on wall 3 after 16 counts then Restart

#16 count intro

Sec. 1 (1-8) ☐ Triple, Triple, Rock, Recover, ½ Turn Triple

1&2, 3&4 Step R fwrd, close instep of L to heel of R, Step R fwrd, Step L fwrd, close instep of R to L,

Step L fwrd

5,6, 7&8 Rock R fwrd, recover to L, ¼ turn R – R to R side, close L to R, ¼ turn R stepping R fwrd

(6:00)

Sec. 2 (9-16) ☐ Triple, Triple, Rock, Recover, ¾ Turn Triple

1&2, 3&4 Step L fwrd, close instep of R to heel of L, Step L fwrd, Step R fwrd, close instep of R to L,

Step L fwrd

5,6, 7&8 Rock L fwrd, Recover to R, little more than 1/4 turn L stepping L to L side, close R to L, more

than ¼ turn L stepping L across R to diagonal (10:30) ☐ (9:00 wall)

TAG: Wall 3 - 4 count hip circle - Step R to R side complete a hip circle taking weight to L to begin again

Sec. 3 (17-24) ☐ Hip Dip R & L, Back Rock & Side, Back Rock & Side

1-2, 3-4 Step R to R side with a little dip, coming up to straight R leg on count 2, Step L to L side with

a little dip, coming up to straight L leg on count 4 leaving hips facing R diagonal

5&6, 7&8 Back Rock on R, Recover to L, Step R to R side, Back Rock on L, Recover to R leaving hips

open to diagonal, step L to diagonal (9:00)

Sec. 4 (25-32) □½ Turn Walk Around, Point, Step, Point, Step

1,2,3,4 Walk R, L, R, L- ½ turn to the L

5,6,7,8 Point R to R side, Step R fwrd, Point L to L side, Step L fwrd (3:00)

End of dance.... Have Fun!!

Please do not alter this step sheet in any way. If you would like to use on your website please make sure it is in its original format and include all contact details on this script.

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