

Lost My Mind

COPPERKNOB
STEPSHEETS

拍数: 56 墙数: 4 级数: Intermediate
编舞者: John Huffman (USA) - June 2015
音乐: Lose My Mind - Brett Eldredge : (Album: Lose My Mind)



Intro: Dance starts after 16 counts (with the lyrics) Weight on L

S1: Samba x 2, Kick-Cross-Back-1/4-Shuffle Fwd

1&2 1) Step R fwd and across L &) Step L to side 2) Step R in place
3&4 3) Step L fwd and across R &) Step R to side 4) Step L in place
5&6& 5) Kick R &) Step R across L 6) Step L back &) Turn 1/4 R step R fwd
7&8 7) Step L fwd &) Step R to L 8) Step L fwd (3:00)

S2: Rock Fwd-Recover-Rock Side-Recover, Sailor Step, Rock Fwd-Recover-Rock Side-Recover, Sailor 1/4

1&2& 1) Rock R fwd &) Recover to L 2) Rock R to side &) Recover to L

Make these rock-recovers small, just weight changes

3&4 3) Step R behind L &) Step L to side 4) Step R to side
5&6& 5) Rock L fwd &) Recover to R 6) Rock L to side &) Recover to R

Make these rock-recovers small, just weight changes

7&8 7) Step L behind R &) Turn 1/4 L step R in place 8) Step L slightly fwd (12:00)

~2nd Restart here, wall 4

S3: Jazz Box w Cross, Side Shuffle, Sailor 1/4

1-2 1) Step R across L 2) Step L back
3-4 3) Step R to side 4) Step L across R
5&6 5) Step R to side &) Step L to R 6) Step R to side
7&8 7) Step L behind R &) Turn 1/4 L step R in place 8) Step L fwd (9:00)

S4: Walk, Walk, Step-1/4-Cross, Side-Behind-1/4-Step-Step, Scuff

1-2 1) Step R fwd 2) Step L fwd

Add 2 count Tag then Restart here during wall 2

3&4 3) Step R fwd &) Pivot 1/4 L (weight to L) 4) Step R across L
5&6 5) Step L to side &) Step R behind L 6) Turn 1/4 L step L fwd
&7-8 &) Step R fwd 7) Step L fwd 8) Scuff R (3:00)

Advanced alternative for &7-8

&7-8 &) Turn 1/4 L step R to side 7) Lock L behind R 8) Unwind 3/4 L (weight to L)

S5: Rock, Recover w Sweep, Behind-Side-Cross, Side, Behind-Ball-Cross-Ball-Cross

1-2 1) Rock R fwd 2) Recover to L while sweeping R around and behind L

Exaggerate this Rock, Recover w sweep, make it BIG

3&4 3) Step R behind L &) Step L to side 4) Step R across L
5-6& 5) Step L to side 6) Step R behind L &) Step L to side
7&8 7) Step R across L &) Step L to side 8) Step R across L (3:00)

S6: Rock, Recover w Sweep, Behind-Side-Cross, Step Fwd, Rock-Recover- Back-Lock-Back

1-2 1) Rock L fwd 2) Recover to R while sweeping L around and behind R

Exaggerate this Rock, Recover w sweep, make it BIG

3&4 3) Step L fwd behind R &) Step R to side 4) Step L across R
5-6& 5) Step R fwd 6) Rock L fwd &) Recover to R
7&8 7) Step L back &) Lock R across L 8) Step L back (3:00)

S7: 1/2, 1/2, Sailor 1/2, Rock, Recover, Coaster Step

1-2 1) Turn 1/2 R step R fwd 2) Turn 1/2 R Step L back while sweeping R around and behind L

3&4 3) Step R behind L &) Turn 1/4 R step L in place 4) Turn 1/4 R step R fwd

Easy alternative for 1-2, 3&4 1) Turn 1/2 R step R fwd 2) Big step L fwd while dragging R 3&4) Shuffle R,L,R

5-6 5) Rock L fwd 6) Recover to R
7&8 7) Step L back &) Step R next to L 8) Step R fwd (3:00)

Tag/Restarts

Wall 2: After 26 counts (Walk, Walk of the 4th set) of wall 2 add 2 more walks, total of 4 walks, then restart dance from beginning. Wall 2 starts facing 9:00, you will Restart facing 6:00

Wall 4: After 16 counts of wall 4 restart dance from beginning. Wall 4 starts facing 3:00, you will restart facing 3:00

Ending: Dance ends on count 32 of wall 6. Replace the scuff with a quarter turn L, to front wall, pointing R toe to side. If doing the "advanced turn", over rotate to front wall and point R toe to side

Repeat, Have fun

Contact: jthuffman62@yahoo.com
