

Girl Crazy

COPPER KNOB
STEPSHETS

拍数: 32 墙数: 4 级数: Beginner / Improver
编舞者: Kat Painter (USA) - October 2015
音乐: Lose My Mind - Brett Eldredge



Start 16 counts into the music.

SIDE, TOUCH, SIDE, TOUCH, SIDE, DOUBLE STOMP UP, FORWARD, ¼ TOUCH, ¼ FORWARD, TOUCH, SIDE, DOUBLE STOMP UP

- 1&2& Step left foot to left side, touch right foot next to left foot, step right foot to right side, touch left foot next to right foot
- 3&4 Step left foot to left side, stomp right foot next to left twice (weight stays on left)
- 5&6& Step right foot forward, turn ¼ left touching left foot next to right foot (9:00), turn ¼ left stepping left foot forward, touch right foot next to left foot (6:00)
- 7&8 Step right foot to right side, stomp left foot next to right twice (weight stays on right foot)

ROCKING CHAIR, SHUFFLE FORWARD, JAZZ BOX, DOUBLE CLAP

- 1&2& Rock left foot forward, recover weight back onto right foot in place, rock left foot back, recover weight forward onto right foot in place
- 3&4 Step left foot forward, step right foot next to left foot, step left foot forward
- 5,6,7 Cross right foot over left foot, step left foot backward, step right foot to right side
- &8 Clap hands twice while sliding right foot next to left foot

SIDE MAMBO CROSS X2, GRAPEVINE W/ ¼ TURN, DOUBLE HOP

- 1&2 Rock left foot to left side, recover weight back onto right foot in place, cross left foot over right foot
- 3&4 Rock right foot to right side, recover weight back onto left foot in place, cross right foot over left foot
- 5,6,7 Step left foot to left side, cross right foot behind left foot, turn ¼ left stepping left foot forward (3:00)
- &8 Hop forward twice with feet together (optional walk, walk)

ROCKING CHAIR, SHUFFLE FORWARD, CROSS, BACK, TOUCH, DOUBLE BUMP

- 1&2& Rock right foot forward, recover weight back onto left foot in place, rock right foot back, recover weight forward onto left foot in place
- 3&4 Step right foot forward, step left foot next to right foot, step right foot forward
- 5,6,7 Cross left foot over right foot, step right foot big step backward and drag left foot towards right foot, touch left foot next to right foot
- &8 Bump left hip up, return hip to center

START AGAIN

RESTART : On 3rd wall, dance 20 counts and Restart the dance after the side mambo crosses.

Contact: dancewithkat@yahoo.com