

Lose My Mind

COPPERKNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Barry Andracchio (AUS) - January 2018
音乐: Lose My Mind - Dean Lewis : (iTunes - 3.20)



Intro: 32 counts - 1 Restart and 1 Tag

[1-8] Walk, Walk, Shuffle Forward, Right Quarter Paddle Turn, Cross Shuffle

1,2,3&4 Step forward R, L, Shuffle forward R, L, R,
5,6,7&8 Step L forward, Turn ¼ right onto R, Cross step L over R, Step R to side, Cross step L over R. - 3.00

[9-16] Half Turn, Cross Shuffle, Side Rock, Recover, Left Quarter Sailor Forward

1,2,3&4 Turn ¼ left Step R back, Turn ¼ left Step L to side, Cross step R over L, Step L to side, Cross Step R over L, - 9.00
5,6,7&8 Step L to side, Recover onto R, Sweep L behind R, turning ¼ left Step R to side, Step L forward. - 6.00

[17-24] Pivot Half Turn, ½ Turning Shuffle Back, Left ¼ Turn, Cross Step, Left Kick-Ball-Cross

1,2,3&4 Step R forward, Pivot ½ left onto L, Half turning shuffle back R, L, R,
5,6,7&8 Continue Turning ¼ left Stepping L to side, Step R across L, Kick L to diagonal, Step L beside R, Step R across L.- 3.00

[25-32] Left Kick-Ball-Cross, Side Rock, Recover, Behind, Side, Cross, Side Cross, Stomp Right

1&2,3,4, Kick L to diagonal, step L beside R, Step R across L, Step L to side, Recover onto R.
5&6&7,8 Step L behind R, Step R to side, Step L across R, Step R to Side, Step L across R, Stomp R to side. - 3.00

[33-40] Left Sailor Step, Right Sailor Step Forward, Half Right Pivot Turn, Half Right Pivot Turn

1&2,3&4 Sweep Step L behind R, Step R to side, Recover back to L, Sweep step R behind L, Step L to Side, Step R forward,
5,6,7,8 Step L forward, Turn ½ right onto R, Step L forward, Turn ½ right onto R. - 3.00

[41-48] Forward Rock, Recover, Left ½ turn Shuffle, Heel Switches, Right, Left, Right, Clap Hands

1,2 3&4 Step forward on L, Recover back to R, Turn ½ left shuffle forward L, R, L, - 9.00
5&6&7,8 Touch R heel forward, Step R beside L, Touch L heel forward, Step L beside R, Touch R heel forward, Clap hands. - 9.00

[49-56] Side, Hip Bumps/Click fingers, Behind, Side, Cross, Side, Hip Bump/Click, Behind, Side, Cross,

1&2,3&4 Step R to side, bump hips & click right fingers, Step L behind R, Step R to side, Step L across R.

****** Wall 2 - (Delete next 4 counts then continue dancing the final section steps)**

5&6,7&8 Step R to side, bump hips & click right fingers, Step L behind R, Step R to side, Step L across R. - 9.00

[57-64] Side Rock, Recover, ¼ Right Sailor Stepping Forward, Half Pivot Turn, Triple Full Turn

1,2,3&4 Step R to side, Recover onto L, Sweep R behind L, turn ¼ right, Step L to side, Step R forward,
5,6 7&8 Step L forward, Pivot ½ right onto R, Full turn over right (on the spot) Step L, R, L.
(alternate for 7&8 – shuffle steps)

Repeat

Restart ** Wall 2:**

Dance to count 52, omit the next four counts (53-56) then continue the dance from count 57 till the end.

TAG: 16 Count Tag: End of wall 3 (begin facing 6.00)

1,2 3&4 Walk forward R, L, Shuffle forward R, L, R,

5,6,7&8 Rock forward on L, Recover back to R, Step L back, R beside L, Step L forward.

1,2,3&4 Step R forward, Pivot $\frac{1}{2}$ left onto L, Shuffle forward R, L, R,

5,6,7&8 Step L forward, Pivot $\frac{1}{2}$ right onto R, Shuffle forward L, R, L.

Ending: Dance to count 54 (facing 3.00) and replace 55, 56 (7&8) with a $\frac{1}{4}$ left sailor turn To face 12.00

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