

When I Lost My Mind

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Phrased Improver
编舞者: Laura Rittenhouse (AUS) - October 2019
音乐: Crazy - Gnarl's Barkley



Start after 4 beats (before the lyrics)

For Phrasing AA is verse and B is chorus. Sequencing is: AAB AAB AAB A

PART A, VERSE & INSTRUMENTAL

S1: STEP RIGHT, LEFT BEHIND, SIDE ROCK, FORWARD ROCK, COASTER

1,2,3,4 Sidestep R to R, Cross L behind R, Side Rock R, Recover L
5,6,7&8 Rock Fwd R, Recover L, Step R back, Step L beside R, Step R fwd

S2: STEP LEFT, RIGHT BEHIND, SIDE ROCK, FORWARD ROCK, COASTER

1,2,3,4 Sidestep L to L, Cross R behind L, Side Rock L, Recover R
5,6,7&8 Rock Fwd L, Recover R, Step L back, Step R beside L, Step L fwd

S3: LOCK FORWARD

1,2,3,4 Step R fwd, Lock L behind R, Step R fwd, swing L fwd
5,6,7,8 Step L fwd, Lock R behind L, Step L fwd, hold

S4: WALK BACK, COASTER, JAZZ BOX TURN

1,2,3&4 Step R back, Step L back, Step R back, Step L beside R, Step R fwd
5,6,7,8 Cross L over R, Step R back, Turn L with L step (9:00), Touch R beside L

PART B, CHORUS

S1: 4 PADDLE FULL TURN L WHILE CIRCLING ARMS IN AIR OVER HEAD

1,2,3,4 Paddle with R foot turning 1/4 L (1,2) (9:00) Paddle with R foot turning 1/4 L (3,4) (6:00) [Circle arms above head while turning]
5,6,7,8 Paddle with R foot turning 1/4 L (5,6) (3:00) Paddle with R foot turning 1/4 L (7,8) (12:00) [Circle arms above head while turning]

S2: ROCK TURN & SHUFFLE X 2

1,2,3&4 Rock R fwd, Recover L, Turn 1/2 R with R shuffle (R,L,R) (6:00)
5,6,7&8 Rock L fwd, Recover R, Turn 1/2 L with L shuffle (L,R,L) (12:00)

S3: FIGURE 8 VINE

1,2,3,4 Step R to R, Cross L behind R, Turn 1/4 R stepping R to side (3:00), Turn 1/2 R stepping back L (9:00)
5,6,7,8 Step R fwd, Turn 1/4 R stepping L (12:00), Cross R behind L, Turn 1/4 L stepping L (9:00)

S4: CORNER STEPS

1,2,3,4 Step R fwd to R diagonal, Step L beside R, Step R fwd to R diagonal, Touch L beside R
5,6,7,8 Step L back to L diagonal, Step R beside L, Step L back to L diagonal, Touch R beside L

*** Look for my dance "I Remember When" to the same music. It's a Beginner dance using just Part A of this dance.