

Nearly Lose Your Mind

COPPERKNOB
STEPSHEETS

拍数: 48 墙数: 4 级数: Beginner
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音乐: You Nearly Lose Your Mind - Leon Redbone



Kick, Behind, Side, Cross 2x

1-4 Kick R on diagonal, step R behind, step L side, cross R over
5-8 Kick L on diagonal, step L behind, step R side, cross L over

Side Touch, Step, Side Touch, Step, Splitz Step (Out, Out, In, In)

1-4 Touch R side, step R together, touch L side, step L together
5-8 Step R side, step L side, step R home, step L together

¼ Turn Jazz Box, Hop Forward, Hop Back

1-4 Cross R over, recover L, ¼ turn right, step R, step L
5-8 Hop or scoot R forward, Hop or scoot R back

Heel, Together, Heel, Together, V-Step

1-4 Touch R heel forward, step R together, touch L heel forward, step L together
5-6 Step R forward on right diagonal, step L forward on left diagonal
7-8 Step R home, step L together

Touch Forward, Draw Home 4x (Walk in Place)

1-4 Step R ball forward, draw R back & lower heel, step L ball forward, draw L back & lower heel
5-8 Step R ball forward, draw R back & lower heel, step L ball forward, draw L back & lower heel

Coaster Step, Shuffle

1-3- 4 Step R back, step L together, step R forward, hold
5-7- 8 Shuffle forward LRL, hold

Repeat

Ending: Wall 8 (9:00)

¼ Turn Coaster Step, Back Mambo

1-3 - 4 Step R back, step L back, ¼ turn R, step R, hold
5-7 - 8 Rock L back, recover R, step L together

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