

I'm Slowly Losing My Mind (P)

COPPERKNOB
STEPSHEETS

拍数: 24 墙数: 0 级数: Partner
编舞者: Tonny van Donk (NL)
音乐: Losing My Mind - Scooter Lee



Position: Sweetheart Right side by side

BOTH: ROCKING CHAIR

1-2 Rock right forward, replace weight back on left foot
3-4 Rock right backward, replace weight back on left foot

STEP FORWARD, SLIDE, STEP FORWARD, TOUCH/½ TURN RIGHT

5-6 **MAN:** Step right forward, slide left beside right
 LADY: Step right forward, slide left beside right

Drop right hands

7-8 **MAN:** Step right forward, ½ turn to the right on ball of right foot
 LADY: Step right forward, touch left heel forward

STEP BACK/STEP FORWARD, TOE TOUCH BACKWARD/HEEL TOUCH FORWARD

1-2 **MAN:** Step left backward, step right backward
 LADY: Step left forward, step right forward
3-4 **MAN:** Step left backward, touch right toe backward
 LADY: Step left forward, touch right heel forward

½ TURN/STEP IN PLACE, TRIPLE IN PLACE

5-6 **MAN:** Step right ¼ turn left, step left ¼ turn left
 LADY: Step right in place, step left in place
7-8 **BOTH:** Triple in place stepping right-left-right

BOTH:

SHUFFLE FORWARD

1&2 Shuffle forward stepping left-right-left
3&4 Shuffle forward stepping right-left-right

SHUFFLE FORWARD, KICK BALL CHANGE/TURNING TRIPLE

5&6 **BOTH:** Shuffle forward stepping left-right-left
7&8 **MAN:** Right kick ball change
 LADY: Turning triple to the left stepping right 1/3 turn left, left 1/3 turn left, right 1/3 turn left

REPLACE

& **LADY:** Replace weight back on left foot

REPEAT