

Lose My Mind

COPPERKNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Intermediate
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音乐: Lose My Mind - The Wanted



(INTRO- 16 Counts)

SECTION 1: Cross L Side R Behind L Point R, Cross R, Turn 1/4 R, Back L, R Back Shuffle R.

1-2 Cross Left, Side Right,
3-4 Behind Left, Point Right to the Side.
5-6 Cross Right, Turn 1/4 Right Stepping Back on the Left (3.00)
7&8 Right Back Shuffle.

SECTION 2: Back Rock L, Full Turn R, Cross L Point R, Cross R Point L.

1-2 Back Rock Left, Recover on R.
3-4 Full Turn Right (Turn 1/2 Back L, Turn 1/2 Forward R)
5-6 Cross Left, Point Right to the side.
7-8 Cross Right, Point Left to the side.

SECTION 3: Touch L Kick, L Coaster Step, Shuffle 1/2 Turn Back, Turn 1/4 L Side Shuffle.

1-2 Touch Left forward, Kick Left forward.
3&4 Left Coaster Step.
5&6 Shuffle 1/2 Turn Back on R,LR.
7&8 Turn 1/4 Left Side Shuffle.

SECTION 4: Cross Rock R, Coaster or Triple Full Turn, Cross Rock L Sailor 1/2 Turn.

1-2 Cross Rock Right, Recover on Left
3&4 Right Coaster or Triple Full Turn
5-6 Cross Rock Left
7&8 Left Sailor 1/2 Turn.

SECTION 5: Diagonal Lock Steps x2

1-2 Right Lock
3&4 Right Lock Right
5-6 Left Lock
7&8 Left Lock Left

SECTION 6: Syncopated Jazz Box 1/4 Turn L, Point R Monteray 1/2 Turn Point L, Side Switches R & L.

1-2 Cross Right, Back Left
&3-4 Side Right Turn 1/4 L (&) Cross Left, Point Right to Side.
5-6 Monteray 1/2 Turn R, Point Left to the Side.
&7-8 Step Left next to R (&) Point Right & Point Left (Side Switches)

* RESTART- During Wall 2

SECTION 7: Touch L Kick & Cross R Side L, Touch R Right Kick & Cross L Side R.

1-2 Touch Left next to Right, Kick Left
3&4 Together (&) Cross Right, Side Left
5-6 Touch Right, Kick Right
7&8 Together (&) Cross Left, Side Right.

SECTION 8: L Coaster Step, Step R 1/2 Turn L, Cross R Side L, R Sailor Step.

1&2 Left Coaster Step
3-4 Step Right 1/2 Turn Left

5-6 Cross Right, Side Left

7&8 Right Sailor step (angled slightly to R diagonal)

*** RESTART- During Wall 2 (Facing the Front Wall) After the Side Switches.**

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