

Lose My Mind

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Audrey Watson (SCO) - January 2011
音乐: Lose My Mind - The Wanted



Start dance 16 counts after the heavy beat kicks in - NO TAGS OR RESTARTS –BLISS.

STEP HITCH, COASTER STEP, CROSS SIDE, BEHIND & CROSS.

1-2 Step fwd on right, hitch left knee.
3&4 Step back on left, step right next left, step fwd on left.
5-6 Cross right over left, step left to left.
7&8 Cross right behind left, step left to left side, cross right over left.

SIDE ROCK, SAILOR STEP, CROSS ROCK, CHASSE ¼ TURN.

1-2 Rock left to left side, recover weight on right.
3&4 Cross left behind right, step right to right side, step left to left side.
5-6 Cross rock right over left, recover weight back on left.
7&8 Step right to right side, close left next right, turn ¼ right stepping fwd on right.

PIVOT ¼ TURN, WEAVE, POINT.

1-2 Step fwd on left, turn ¼ right.
3-4 Cross left over right, step right to right side,
5-6 Cross left behind right, step right to right side.
7-8 Cross left over right, point right toe to right side.

½ TURN, KICK BALL STEP, STEP, FWD ROCK, ½ TURN SHUFFLE.

1 Turn ½ right stepping right next.
2&3 Kick left foot fwd, step down on ball of left, step fwd on right.
4 Step fwd on left.
5-6 Rock fwd on right, recover weight back on left.
7&8 Shuffle ½ turn right stepping right, left, right.

STEP KICK, COASTER CROSS & CROSS SIDE, BEHIND & CROSS.

1-2 Step fwd on left, kick right foot fwd.
3&4 Step back on right, step left next right, cross right over left.
&5-6 Step left to left side, cross right over left, step left to left side.
7&8 Step right behind left, step left to left side, cross right over left.

SIDE ROCK, ¼ SAILOR STEP, ½ TURN, SHUFFLE.

1-2 Rock left to left side, recover weight on right.
3&4 turn ¼ left, swinging left behind right, step right to right side, step left to left side.
5-6 Step fwd on right, pivot ½ turn left.
7&8 Shuffle fwd on right, left, right.

STEP TOUCH, ¼ CHASSE, STEP SCUFF, RIGHT LOCK STEP.

1-2 Step left to left side, touch right toe next left foot.
3&4 Step to right side, close left next right, turn ¼ right stepping fwd on right.
5-6 Step fwd on left, scuff right foot fwd.
7&8 Step fwd on right, lock left behind right, step fwd on right.

WEAVE ¼ TURN, STEP ½ TURN, SHUFFLE.

1-2 Cross left over right, step right to right side.

3-4 Cross left behind right, turn $\frac{1}{4}$ right stepping fwd on right.
5-6 Step fwd on left, pivot $\frac{1}{2}$ right.
7&8 Step fwd on left, close right next left, step fwd on left.
