

Losing my Mind

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Improver
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

½ TURN MONTEREY, TOUCH KICK, BACK ROCK, SHUFFLE

1-2 Point right toe to right side, turn ½ right stepping.
3-4 Touch left toe next right foot, kick left foot fwd.
5-6 Rock back on left foot, recover fwd on right.
7&8 Shuffle fwd on left, right, left.

¼ PIVOT, WEAVE ¼ TURN.

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

BACK ROCK , KICK BALL STEP, STEP TOUCH, LEFT LOCK STEP.

1-2 Rock back on right, recover fwd on left.
3&4 Kick right foot fwd, step down on ball of right foot, step fwd on left foot.
5-6 Step fwd on right, touch left toe next right foot.
7&8 Step fwd on left, lock right behind left, step fwd on left.

FWD ROCK, SHUFFLE BACK, ½ TURN SHUFFLE, ROCK ¼ TURN.

1-2 Rock fwd on right, recover back on left.
3&4 Shuffle back on right, left, right.
5&6 Shuffle ½ turn left, stepping left, right, left.
7-8 Turn ¼ left rocking right foot out to right side, recover on left foot.

START AGAIN

Contact: www.audrey-watson.co.uk - Audrey@nuline.com