

Lose My Mind

拍数: 32 墙数: 4
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音乐: Lose My Mind - The Wanted



Intro 16 Counts From Heavy Beat

SEC 1: CHASSE, CROSS UNWIND FULL TURN, CHASSE, WEAVE..

1&2 Step right to right side, Step left next to right, Step right to right side.
3-4 Cross left over right, Unwind full turn right (weight on right).
5&6 Step left to left side, Step right next to left, Step left to left side.
7-8 Step right behind left, Step left to left side.

Option* counts 3-4 (cross rock left over right, Recover onto right.)

SEC 2: CROSS ROCK, CHASSE ¼ TURN, STEP ¼ PIVOT, CROSS SHUFFLE

1-2 Cross rock right over left, Recover onto left,
3&4 Step right to right side, Step left next to right, Make ¼ turn right stepping right forward.
5-6 Step left forward, Pivot ¼ turn right.
7&8 Cross left over right, Step right to right side, Cross left over right.

SEC 3: STEP, HOLD, BALL CROSS SIDE, SAILOR STEP, CROSS UNWIND ¾ TURN.

1-2 Step right to right side, Hold,
& 3-4 Step left slightly back, Cross right over left, Step left to left side.
5&6 Step right behind left, Step left to left side, Step right slightly to right side.
7-8 Step left behind right, Unwind ¾ turn left (weight on left)

SEC 4: SIDE ROCK, WEAVE, SIDE ROCK, WEAVE.

1-2 Rock right to right side, Recover onto left.
3&4 Step right behind left, Step left to left side, Cross right over left.
5-6 Rock left to left side, Recover onto right.
7&8 Step left behind right, Step right to right side, Cross left over right.
