

# Lose My Mind

**COPPER** KNOB  
STEPSHEETS

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.