

Lose My Mind

COPPER KNOB
STEP SHEETS

拍數: 40 牆數: 4 級數: Beginner / Improver
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音樂: Lose My Mind - Brett Eldredge



Double Clap at beat 16, Begin Routine at beat 17

Sec 1: Walk R L, Heel Switches RL, R Step 1/2 R Step 1/2

1 2 Step slightly fwd R, Step slightly fwd L
3&4& Tap R heel fwd, Step R to L, Tap L heel fwd, Step L to R
5 6 7 8 Step R, Turn 1/2 left and shift weight to L x2 (arms out)

Sec 2: R Tap R Kick, R Step-back L Coaster, R Jazzbox

1 2 Tap R Heel fwd, Kick R fwd
3&4& Step back R, Step back L, Step back R, Step fwd L
5 6 7 8 Cross R over L, Step back L, Step back R, Step L

Sec 3: L Weave Ext Sync, R Side L Cross, R Step Together Step

1 2 Cross R over L, Step L to left
3&4& Step R behind L, Step L to left, Cross R over L, Step L to left
5 6 Step R to right, Cross L over R
7&8 Step R to right, Step L to R, Step R to right

Sec 4: Sweep L 1/4 right Pivot 1/2 left and sweep L, Triple LRL, Steps & Scuffs

1 2 Turn 1/4 right and sweep L over R, Pivot 1/2 left and sweep L keep wt on R
3&4 Step L to R, Step R, Step L
5 6 7 8 Step R, Scuff L, Step L, Scuff R

Sec 5: Heel Switches R L, Heel Switches R L, Step R 1/2 left x2

1&2& Tap R heel fwd, Step R to L, Tap L heel fwd, Step L to R
3&4& Tap R heel fwd, Step R to L, Tap L heel fwd, Step L to R
5 6 7 8 Step R, Turn 1/2 left and shift weight to L x2 (arms out)

Tag: After Wall 2 - 4 Counts

Steps in place R L Touch R Double-Clap

1 2 3 4 Step R, Step L, Touch R, Hold and Clap 2x

Please do not alter this step sheet in any way. If you would like to use on your website please make sure it is in its original format and include all contact details on this script.
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