

Lose My Mind

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: High Beginner
編舞者: Bjarne Frederiksen (DK) - June 2015
音樂: Lose My Mind - Brett Eldredge : (iTunes)



Intro: 16 count

S1 : Heel and heel, point and point, touch and heel, step pivot ½ turn.

1&2& Touch right heel forward, step right next to left, touch left heel forward, step left next to right.
3&4& Point right to right side, step right next to left, point left to left side, step left next to right.
5&6& Touch right toe next to left, step right next to left, touch left heel forward, step left next to right.
7-8 Step forward on right, pivot ½ left.

S2: Shuffle forward, step pivot ½ turn, shuffle forward, step pivot ½ turn.

1&2 Step forward on right, step left next to right, step forward on right.
3-4 Step forward on left, pivot ½ right
5&6 Step forward on left, step right next to left, step forward on left.
7-8 Step forward on right, pivot ½ left.

S3: Charleston Step x 2

1-2 Touch right forward, step back on right.
3-4 Touch left back, step forward on left.
5-6 Touch right forward, step back on right.
7-8 Touch left back, step forward on left.

S4: Mambo step forward, mambo step back, step ¼ turn, sway sway.

1&2 Rock forward on right, recover left, step back on right.
3&4 Rock back on left, recover right, step forward on left.
5-6 Step forward on right, make a ¼ turn left.
7-8 Sway hip to the right, sway hip to the left.

TAG: On wall 3 after 16 count:

~4 hip bumps – right-left-right-left facing 12 o'clock
Restart the dance

RESTART: On wall 7 after 8 count: facing 3 o'clock

Restart the dance

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