

Lose My Mind

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Wayne Learned (UK) - September 2015
音樂: Lose My Mind - Brett Eldredge



Start on lyrics.

Right Rocking Chair

1-4 Rock forward R, recover L, rock back R, recover L,

R rocks with turns $\frac{1}{2}$ and $\frac{1}{4}$ right, hold

5&6&7 8 Rock fwd R, recover L while making $\frac{1}{2}$ R, rock fwd r, recover left while making $\frac{1}{4}$ right, step side right, hold

Left Rocking Chair

9 10 11 12 Rock forward L, recover R, rock back L, recover R,

L rocks with turns $\frac{1}{2}$ and $\frac{1}{4}$ left, hold

13&14&15 16 Rock fwd L, recover R while making $\frac{1}{2}$ turn L, rock fwd L, recover R while making $\frac{1}{4}$ turn right, step side L, hold

R Toe touch, unwind, L shuffle

17 18 19&20 Touch R toe back, Unwind R and weight R, shuffle fwd LRL

Heel switches, cross, unwind

21&22&23&24 Heel switches R heel, and L heel, and cross R over L, unwind $\frac{1}{2}$ turn L weighting L

Heel grind R and L, R coaster

25 26 27&28 Step fwd R heel, step beside L heel, coaster RLR

Touch L unwind, body roll

29 30 31-32 Touch L toe behind R, unwind $\frac{3}{4}$ turn left weighting L, 2 count body roll

RESTARTS:

Restart #1: Wall # 3 Restart after 20 counts (you will be facing front wall again when you Restart).

Restart # 2: Wall #7 (facing 9:00) do first 8 counts but change weight to Left on the hold beat to Restart on R.

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