

Lose My Mind

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Belén Márquez (ES) - October 2015
音樂: Lose My Mind - Brett Eldredge



Start Dancing on Lyrics

2 MAMBO STEP (FORWARD & BACK), JAZZ BOX

1&2 Rock Right Forward, Recover to Left, Step Right Back
3&4 Rock Left Back, Recover to Right, Step Left Forward
5-6 Cross Right Over Left, Step Left Back
7-8 Step Right Side, Cross Left Over Right - RESTART²

CHASSE ¼ RIGHT, STEP TURN, 2 LOCK STEP FORWARD (LEFT & RIGHT)

1&2 Step Right Side, Step Left Together, ¼ Turn Right and Step Right Forward
3-4 Step Left Forward, ½ Turn Right
5&6 Step Left Forward, cross Right Behind Left, Step Left Forward
7&8 Step Right Forward, cross Left Behind Right, Steo Right Forward

STEP LEFT SIDE, CROSS/ROCK RIGHT BACK, STEP RIGHT SIDE, CROSS/ROCK LEFT BACK, TURN ¼ RIGHT, COASTER STEP, STEP LEFT FORWARD

1 Step Left Side - RESTART/TAG¹
2&3 Cross/Rock Right Behind Left, Recover to Left, Step Right Side
4&5 Cross/Rock Left Behind Right, Recover to Right, ¼ Turn Right and Step Left Back
6&7 Step Right Back, Step Left Together, Step Right Forward
8 Step Left Forward

TOES SWITCHESS AND KICK BALL TOUCH (X2)

1&2& Touch Right Toe to Side, Step Right Together, Touch Left Toe to Side, Step Left Together
3&4& Kick Right Forward, Step Right Together, Touch Left Toe to Side, Step Left Together
5&6& Touch Right Toe to Side, Step Right Together, Kick Left Forward, Step Left Together
7-8 Touch Right Toe to Side, ¼ Turn Right and Drag Right Toe beside Left.

REPEAT

RESTART/TAG¹

Wall 3 □- After count 17 (Step Left Side) we make 3 HOLD counts

RESTART²

Wall 6 □- After count 8 (Jazz Box)

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