

Losing My Mind

拍數: 48 牆數: 4 級數: Easy Intermediate - Smooth rhythm
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音樂: Losing My Mind - Charlie Puth : (CD: Nine Track Mind 2016)



Introduction: start on approx. 14 sec after the vocals. (No Tags or Restarts).

Part I. 1-8: Side, Behind, ¼ R, Step, ¼ R, Side, Behind, Side, Cross Rock/Recover, Big Side Step, Touch.

1,2& Step R to R, Step L behind R, Making ¼ turn R (3) step R slightly forward.
3 Making ¼ turn R (6) step L to L.
4&5 Step R behind L, Step L to L, Step R across forward L.
6 Recover back onto L.
7-8 Step R big to R drag on L, Touch L next to R snap both fingers.

PART II. 9-16: Step, Point Fwd, Back, ¼ L, Side, Step, ½ Pivot Turn R, ¼ R, Side, Touch Together, Hold.

1-2 Step L forward, Point R forward.
3&4 Step R back, Making ¼ turn left (3) step L to L, Step R forward.
5-6 Step L forward, Pivot ½ turn R (9) onto R.
&7-8 Making ¼ turn R (12) step L to L, Touch R next to L, Hold.

PART III. 17-24: Side Rock/Recover, Cross & Cross, ¼ R, Back, Side, Step, Lock, Step.

1-2 Step R to R, Recover back onto L.
3&4 Step R across L, Step L slightly to L, Step R across L.
5-6 Making ¼ turn R (3) step L back, Step R to R.
7&8 Step L forward, Lock R behind L, Step L forward.

PART IV. 25-32: Press/Recover, Sweep, Weave L, Fwd Rock/Recover, Jump Back with Touch, Hold.

1-2 Press R forward, Recover back onto L sweep R from front to back.
3&4 Step R behind L, Step L to L, Step R across L.
5-6 Step L forward, Recover back onto R.
&7-8 Small Jump back on L, Touch R next to L (push L hips back), Hold.

PART V. 33-40: Out & Out, & Cross, ¼ R, Step, ½ R, Back, Sweep, Coaster Step R, Step, ¼ L, Side, Drag.

&1 Step R out R, Step L out to L.
&2 Step R next to L, Step L across R.
3-4 Making ¼ turn right (6) step R forward, Making ½ turn R (12) step L back sweep R from front to back.
5&6 Step R back, Step L beside R, Step R forward.
7-8 Step L forward over heel, Making ¼ turn L (9) step R to R.

PART VI. 41-48: Weave R, Side Rock/Recover, Full Triple Turn R, Scissor Step L.

1&2 Step L behind R, Step R to R, Step L across R.
3-4 Step R to R, Recover back onto L.
5&6 Making a full triple turn R (R-L-R).
7&8 Step L to L, Step R beside L, Step L across R.

REPEAT DANCE AND HAVE FUN!!!

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