

Lose My Mind

COPPER KNOB
STEPSHETS

拍數: 32 牆數: 2 級數: Improver
編舞者: Maria Stella Cupellini (IT) - December 2016
音樂: Lose My Mind - Brett Eldredge



Start dancing on lyrics

RIGHT SAILOR, STOMP X3, RIGHT SAILOR TURN ¼, SHUFFLE FORWARD

1&2 cross right foot behind left, step left to left side, step right together
3&4 stomp left together to right, stomp next to right, stomp left to left side
5&6 turn ¼ right and step right behind left, step left to side, step right forward (h.3) (restart here at the 6°wall)
7&8 step left forward, step right together, step left forward

SCUFF & HITCH, STEP BACK RIGHT -LEFT-RIGHT, TOE TOUCH BACK, SCUFF & HITCH ¼ TURN RIGHT, SLIDE, STOMP RIGHT

1&2 scuff right, hitch right, step right back
3&4 step left back, step right back, touch left toe back
5&6 scuff left, ¼ turn right with left hitch , step left to side (h.6)
7-8 slide right beside left, stomp right next to left

SYNCOPATED RUMBA BOX , SHUFFLE ¼ TURN RIGHT, SHUFFLE LEFT ½ TURN RIGHT

1&2 step right to right side, step left together right, step right forward (restart here at 3°wall)
3&4 step left to left side, step right together, step left back
5&6 step right ¼ turn right, step left together, step right forward
7&8 turn ½ right and step left back, step right together, step left in place

RIGHT COASTER STEP, LEFT -RIGHT FORWARD, STEP ¼ TURN RIGH, BOUNCE HEEL DOWN

1&2 step right back, step left beside right, step right forward
3-4 step left forward, step right forward
5-6 step left forward , turn ¼ right on ball (weight on left)
7-8 bounce right hell down x2 with snap finger

Repeat.

RESTART & TAG :

At the 3rd wall after count 18 add 2 counts : stomp left , hold (weight on left)

At the 6th wall after 6 count (h9.) replace shuffle forward with shuffle left ¼ turn right (h.12)

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