

Lose My Mind

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 2 級數: Beginner / Improver
編舞者: Shirley Blankenship (USA) & Conrad Farnham (USA) - August 2018
音樂: Lose My Mind - Brett Eldredge



Shuffles Forward Right And Left, 1/2 Pivot Left, Turning 1/4 Left Shuffle

1&2 Shuffle forward on right (RLR) - 12:00
3&4 Shuffle forward on left (LRL)
5-6 Step forward on right, pivot 1/2 left
7&8 Turning 1/4 left shuffle (RLR) -3:00

Rock Back Left /Recover/ Shuffle Left Forward, Jazz 1/4 Right

1-2 Rock back on left, Recover on right
3&4 Shuffle forward on left (LRL)
5-8 Cross right over L, step back on L, Step 1/4 R on R, left forward - 6:00

Jazz Right V--Step

1-4 Cross right over L, step back on L, Right on R, left forward - 6:00
5-8 Step right to R, Left to L, In on Right, In on left

Right Step, Left Behind, Step right, Heel forward, Step, Cross (Repeat on Left)

1-2&3&4 Step side R, left behind R, step R, touch L heel forward, step left in place, cross R over L
5-6&7&8 Step side L, right behind L, step L, touch R heel forward, step right in place, cross L over R

***Wall #3(6:00)on second Jazz Box, Cross R over L, Stomp L, hand movement like an umpire calling "safe"
Pause for 2 seconds, Restart dance!!!**

It's All About Fun - ENJOY

**** Special Thanks to K.Sholes for listening and helping me make a decision and also a video before I could get one. Shirley ****