

# 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 \*\***