

# Nearly Lose Your Mind

COPPERKNOB  
STEPPERS

拍數: 48      牆數: 4      級數: Beginner  
編舞者: Larry Brancheau (USA) - February 2024  
音樂: You Nearly Lose Your Mind - Leon Redbone



## Kick, Behind, Side, Cross 2x

1-4      Kick R on diagonal, step R behind, step L side, cross R over  
5-8      Kick L on diagonal, step L behind, step R side, cross L over

## Side Touch, Step, Side Touch, Step, Splitz Step (Out, Out, In, In)

1-4      Touch R side, step R together, touch L side, step L together  
5-8      Step R side, step L side, step R home, step L together

## ¼ Turn Jazz Box, Hop Forward, Hop Back

1-4      Cross R over, recover L, ¼ turn right, step R, step L  
5-8      Hop or scoot R forward, Hop or scoot R back

## Heel, Together, Heel, Together, V-Step

1-4      Touch R heel forward, step R together, touch L heel forward, step L together  
5-6      Step R forward on right diagonal, step L forward on left diagonal  
7-8      Step R home, step L together

## Touch Forward, Draw Home 4x (Walk in Place)

1-4      Step R ball forward, draw R back & lower heel, step L ball forward, draw L back & lower heel  
5-8      Step R ball forward, draw R back & lower heel, step L ball forward, draw L back & lower heel

## Coaster Step, Shuffle

1-3- 4      Step R back, step L together, step R forward, hold  
5-7- 8      Shuffle forward LRL, hold

## Repeat

### Ending: Wall 8 (9:00)

## ¼ Turn Coaster Step, Back Mambo

1-3 - 4      Step R back, step L back, ¼ turn R, step R, hold  
5-7 - 8      Rock L back, recover R, step L together

[larrybrancheau7@gmail.com](mailto:larrybrancheau7@gmail.com)