

Loose My Mind

拍數: 64 牆數: 4 級數: Improver
編舞者: Sebastiaan Holtland (NL) - November 2008
音樂: Difficult Guys - Camille Jones



Intro: 32 count introduction, start on the lyrics "Ten Times A Day"

Sec 1: (1-8) Side Rock / Recover, Cross, Hitch, Back, Side. Cross

- 1-2 Rock Rf to the right side (1), recover on Lf (2) (12:00)
- 3-4 Step Rf to the right side (3), and cross Lf over Rf (4)
- 5-6 Hitch R knee out to the right side on diagonal (5), step back on Rf on diagonal (6)
- 7-8 Step Lf to the left side (7), and cross Rf over Lf (8) (12:00)

Sec 2: (9-16) Sissor Cross, Hold, Turn 1/4 R, Point Fwd, Hold, & Point Fwd Place

- 1-2 Step Lf to the left side (1), step Rf next to Lf (2) (12:00)
- 3-4 Cross Lf over Rf (3), HOLD (4)
- &5-6 Turn 1/4 right (&), point forward on Rf (5), HOLD (6)
- &7-8 Step Rf back in place (&), point forward on Lf (7), step Lf back in place (8) (3:00)

Sec 3: (17-24) 1/2 Step Pivot L, 1/4 Turn L, Step R Out In A Quick Motion, Hold, Syncopated Side Rocks

- 1-2 Step forward on Rf and pivot 1/2 left (1), take weight onto Lf (2) (9:00)
- &3-4 Turn 1/4 left (&) (6:00), and step Rf out to the right side (3), HOLD (4)
- &5-6 Step Rf next to Lf (&), rock Lf to the left side (5), recover on Rf (6)
- &7-8 Step Lf next to Rf (&), rock Rf to the right side (7), recover on Lf (8) (6:00)

Sec 4: (25-32) Cross Side Cross, Hitch, Cross Side Cross, Hold

- 1-3 Cross Rf over Lf (1) step left to the left side (2), cross Rf over Lf (3) (6:00)
- 4 Hitch your R knee on diagonal (4)
- 5-7 Cross Lf over Rf (5), step Rf to the right side (6), Cross Lf over Rf (7)
- 8 HOLD (8) (6:00)

OPTION: When you dancing the steps of section 4, you can moving your hips in a swinging motion.

Sec 5: (33-40) Turn 1/4 R, Point R Fwd, Side, Point L Fwd, Side, Pivot 1/2 L, 1/4 Turn L, Rock / Recover

- &1-2 Turn 1/4 right (&), point forward on Rf (1), stepping Rf to the right side (2) (9:00)
- 3-4 Point forward on Lf (3), stepping Lf to the left side (4)
- 5-6 Step forward on Rf and pivot 1/2 left (5) (3:00), take weight onto Lf (6)
- &7-8 Turn 1/4 left (&), rock Rf to the right side (7), recover on Lf (12:00)

Sec 6: (41-48) Cross, Back, Side, Cross, Kick, Back, Side, Hold

- 1-3 Cross Rf over Lf (1), step Lf back (2), step Rf to the right side (3) (12:00)
- 4-6 Cross Lf over Rf (4), Kick Rf forward on diagonal (5), step Rf back on diagonal (6)
- 7-8 Step Rf to the right side (7), HOLD (8) (12:00)

Sec 7: (49-56) Together, Syncopated Side Rocks, Side & Drag, Hold, Turn 1/4 L, Back Rock / Recover

- &1-2 Step Rf next to L f (&), rock Lf to the left side (1), recover on Rf (2) (12:00)
- &3-4 Step Lf next to Rf (&), rock Rf to the right side (3), recover on Lf (4)
- &5-6 Stepping big on your Rf to the right side (&), and drag your Lf (5), HOLD (6)
- 7-8 Turn 1/4 L and rock Lf back (7), recover on Rf (9:00)

Sec 8: (57-64) Walk Walk, Point Fwd, Back, Point Back, 1/4 Turn R, Step Fwd, Together

- 1-2 Walk forward on Lf (1), walk forward on Rf (2) (9:00)
- 3-4 Point forward on Lf (3), step back on Lf (4)
- 5-6 Point Rf back (5), 1/2 turn right take weight on Rf (6)

7-8 Step forward on Lf (7), and step Rf next to Lf (8) (3:00)

Repeat And Have Fun
