

Lost My Mind

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Count: 16 **Wall:** 4 **Level:** Beginner

Choreographer: Bembi ULD/ Bambang Satiyawan (The Universal Line Dance, Pusat, INA), April 2020

Music: Perdiendo La Cabeza by Carlos Rivera, Becky G ,Pedro Capo

Pattern: A-Tag 1-B-C A -B-C A-Tag 2-B-C C-C

Start dancing after 16 Counts from the very beginning of the music.

SESSION A: 32 Counts

I. DIAGONALLY SLIDE TO LEFT - CLOSE TOUCH - DIAGONALLY SLIDE TO RIGHT - CLOSE TOUCH - SIDE MAMBO STEP - SIDE MAMBO STEP

1-2 Turn 1/8 to left then R makes a big step to right side (10.30), L touch next to R

3-4 Turn 1/8 to right then L makes a big step to left side (12.00), R touch next to L

5&6R step to right side, recover to L, R step next to L

7&8L step to left side, recover to R, L step next to R

II. BACKWARD WALK - COASTER STEP - FORWARD SLIDE - CLOSE STEP - TWIST

1-2 Walk back on R, L

3&4R step backward, L step next to R, R step forward

5-6L makes a big step forward on heel, R step next to L

7&8twist both legs to left, right, left

III. DIAGONALLY SLIDE TO RIGHT - CLOSE TOUCH - DIAGONALLY SLIDE TO LEFT - CLOSE TOUCH - SIDE MAMBO STEP - SIDE MAMBO STEP

1-2 Turn 1/8 to right then R makes a big step to right side (01.30), L step next to R

3-4 Turn 1/8 to left then L makes a big step to left side (12.00), R step next to L

5&6R step to right side, recover to L, R step next to L

7&8L step to left side, recover to R, L step next to R

IV. FORWARD WALK - FORWARD MAMBO STEP - BACKWARD SLIDE - CLOSE STEP - TWIST

1-2 Walk forward on R, L

3&4R step forward, recover to L, R step backward

5-6L makes a big step backward, R step next to L

7&8 Twist both legs to left, right, left

SESSION B : 32 Counts

I. STEP TO RIGHT - CLOSE TOUCH - STEP TO LEFT - CLOSE TOUCH - SKATES

1-2R step to right side, L touch next to R on ball

3-4L step to left side, R touch next to L on ball

5-6R skate to right side, L skate to left side

7-8R skate to right side, L skate to left side (10.30)

II. TOUCH FORWARD DIAGONALLY TO LEFT - TURN 1/8 TO RIGHT WITH HITCH - SWINGING BOUNCE

1-2R touch forward (10.30), R touch backward

3-4R touch forward, turn 1/8 to right with hitch action On R then R step to right side (12.00)

5-8 Bounce with swinging action to right, left, right, left

III. BACKWARD STEP WITH KNEE POP - RECOVER - RECOVER WITH KNEE POP - BACKWARD STEP WITH KNEE POP - RECOVER - RECOVER WITH KNEE POP - CUMBIA STEPS

1&2R step backward while L knee pop forward, recover to L, R step backward while L knee pop forward

3&4L step backward while R knee pop forward, recover to R, L step backward while R knee pop forward

5&6R step behind L, L step on the spot, R step to right side

7&8L step behind R, R step on the spot, L step to left side

IV. OUT STEP - INWARD SWIVEL - OUT STEP - INWARD SWIVEL

1-2R step forward diagonally outward to right, L swivel inward on ball

3&4L swivel inward on heel, ball, heel

5-6L step forward diagonally outward to left, R swivel inward on ball

7&8R swivel inward on heel, ball, heel

SESSION C: 16 Counts

I. V STEP - FORWARD WALK WITH HIP BUMPS ACTION

1-2R step forward diagonally outward to right, L step forward diagonally outward to left

3-4R step backward, L step next to R

5-8 Forward walk with hipbumping forward action on R, L, R, L

(Hip movement on count 5-8: syncopated forward and backward hipbumping action on count 5&a6&a7&a8 while walking forward on 5-8)

II. BODY ROCK - HEEL TWIST - BODY ROCK - HEEL TWIST

1-3 Slightly backward walk on R, L, R

(Upper Body Style on count 1-3: lean back on shoulder: R, L, R while hands point forward on L, R, L)

&4 Swivel on both heels to left, right

5-7 Slightly backward walk on L, R, L

(Upper Body Style on count 5-7: lean back on shouder L, R, L while hands point forward on R, L, R)

&8 Swivel on both heels to right, left

TAG I: 4 Counts

OUT STEPS - PAT - HIP ROLL

1-2R step forward diagonally outward to right, L step forward diagonally outward to left

3-4 Pat both hands on both each hips, hip roll counter-clock wise

TAG II: 2 Counts

CLAP - SNAPS

1 Clap both hands in front of you

2 Snap both hands on both each side

Enjoy the Dance

For more infirmations, please contact us on:

dancetemptations.anthony@gmail.com

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