

# Lose My Mind

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**Count:** 32

**Wall:** 4

**Level:** High Beginner

**Choreographer:** Bjarne Frederiksen aka Den Gale Cowboy (DK) June 2015

**Music:** Lose My Mind by Brett Eldredge - iTunes.

## **Intro: 16 count**

**S1 : Heel and heel, point and point, touch and heel, step pivot ½ turn.**

**1&2&: Touch right heel forward, step right next to left, touch left heel forward, step left next to right.**

**3&4&: Point right to right side, step right next to left, point left to left side, step left next to right.**

**5&6&: Touch right toe next to left, step right next to left, touch left heel forward, step left next to right.**

**7-8: Step forward on right, pivot ½ left.**

**S2: Shuffle forward, step pivot ½ turn, shuffle forward, step pivot ½ turn.**

**1&2: Step forward on right, step left next to right, step forward on right.**

**3-4: Step forward on left, pivot ½ right**

**5&6: Step forward on left, step right next to left, step forward on left.**

**7-8: Step forward on right, pivot ½ left.**

**S3: Charleston Step x 2**

**1-2: Touch right forward, step back on right.**

**3-4: Touch left back, step forward on left.**

**5-6: Touch right forward, step back on right.**

**7-8: Touch left back, step forward on left.**

**S4: Mambo step forward, mambo step back, step ¼ turn, sway sway.**

**1&2: Rock forward on right, recover left, step back on right.**

**3&4: Rock back on left, recover right, step forward on left.**

**5-6: Step forward on right, make a  $\frac{1}{4}$  turn left.**

**7-8: Sway hip to the right, sway hip to the left.**

**TAG: On wall 3 after 16 count:**

**~4 hip bumps - right-left-right-left facing 12 o'clock**

**Restart the dance**

**RESTART: On wall 7 after 8 count: facing 3 o'clock**

**Restart the dance**

**Contact: [den.gale.cowboy@gmail.com](mailto:den.gale.cowboy@gmail.com)**