

# Losing my Mind

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**Count:** 32      **Wall:** 4      **Level:** Improver

**Choreographer:** Audrey Watson

**Music:** Lose my mind by The Wanted (128bpm)

**Start dance 16 Counts after the heavy beat kicks in - NO TAGS or RESTARTS**

**½ TURN MONTEREY, TOUCH KICK, BACK ROCK, SHUFFLE**

- 1-2      Point right toe to right side, turn ½ right stepping.
- 3-4      Touch left toe next right foot, kick left foot fwd.
- 5-6      Rock back on left foot, recover fwd on right.
- 7&8      Shuffle fwd on left, right, left.

**¼ PIVOT, WEAVE ¼ TURN.**

- 1-2      Step fwd on right foot, pivot ¼ left.
- 3-4      Cross right over left, step left to left side.
- 5-6      Cross right behind left, step left to left side
- 7-8      Cross right over left, turn ¼ right stepping back on left.

**BACK ROCK , KICK BALL STEP, STEP TOUCH, LEFT LOCK STEP.**

- 1-2      Rock back on right, recover fwd on left.
- 3&4      Kick right foot fwd, step down on ball of right foot, step fwd on left foot.
- 5-6      Step fwd on right, touch left toe next right foot.
- 7&8      Step fwd on left, lock right behind left, step fwd on left.

**FWD ROCK, SHUFFLE BACK, ½ TURN SHUFFLE, ROCK ¼ TURN.**

- 1-2      Rock fwd on right, recover back on left.
- 3&4      Shuffle back on right, left, right.
- 5&6      Shuffle ½ turn left, stepping left, right, left.
- 7-8      Turn ¼ left rocking right foot out to right side, recover on left foot.

**START AGAIN**

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