

Lose My Mind

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Count: 32 **Wall:** 4 **Level:** Easy Intermediate

Choreographer: Paul Clifton (UK) March 2011

Music: Lose My Mind by The Wanted (136bpm)

Intro 16 Counts From Heavy Beat

SEC 1: CHASSE, CROSS UNWIND FULL TURN, CHASSE, WEAVE..

- 1&2** Step right to right side, Step left next to right, Step right to right side.
- 3-4** Cross left over right, Unwind full turn right (weight on right).
- 5&6** Step left to left side, Step right next to left, Step left to left side.
- 7-8** Step right behind left, Step left to left side.

Option* counts 3-4 (cross rock left over right, Recover onto right.)

SEC 2: CROSS ROCK, CHASSE ¼ TURN, STEP ¼ PIVOT, CROSS SHUFFLE

- 1-2** Cross rock right over left, Recover onto left,
- 3&4** Step right to right side, Step left next to right, Make ¼ turn right stepping right forward.
- 5-6** Step left forward, Pivot ¼ turn right.
- 7&8** Cross left over right, Step right to right side, Cross left over right.

SEC 3: STEP, HOLD, BALL CROSS SIDE, SAILOR STEP, CROSS UNWIND ¾ TURN.

- 1-2** Step right to right side, Hold,
- & 3-4** Step left slightly back, Cross right over left, Step left to left side.
- 5&6** Step right behind left, Step left to left side, Step right slightly to right side.
- 7-8** Step left behind right, Unwind ¾ turn left (weight on left)

SEC 4: SIDE ROCK, WEAVE, SIDE ROCK, WEAVE.

- 1-2** Rock right to right side, Recover onto left.
- 3&4** Step right behind left, Step left to left side, Cross right over left.
- 5-6** Rock left to left side, Recover onto right.
- 7&8** Step left behind right, Step right to right side, Cross left over right.