

# Lose My Mind

**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.

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## 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 ¼ 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

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