

# Lose my Mind

Choreographed by: Audrey Watson

Choreographed to: Lose my mind by The Wanted Available from iTunes

*Start dance 16 counts after the heavy beat kicks in NO TAGS OR RESTARTS -BLISS*

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64 Count – 4 Wall –Intermediate – 128 BPM

## SECTION ONE

STEP HITCH, COASTER STEP, CROSS SIDE, BEHIND & CROSS.

1-2 Step fwd on right, hitch left knee.

3&4 Step back on left, step right next left, step fwd on left.

5-6 Cross right over left, step left to left.

7&8 Cross right behind left, step left to left side, cross right over left.

SIDE ROCK, SAILOR STEP, CROSS ROCK, CHASSE ¼ TURN.

1-2 Rock left to left side, recover weight on right.

3&4 Cross left behind right, step right to right side, step left to left side.

5-6 Cross rock right over left, recover weight back on left.

7&8 Step right to right side, close left next right, turn ¼ right stepping fwd on right.

PIVOT ¼ TURN, WEAVE, POINT.

1-2 Step fwd on left, turn ¼ right.

3-4 Cross left over right, step right to right side,

5-6 Cross left behind right, step right to right side.

7-8 Cross left over right, point right toe to right side.

½ TURN, KICK BALL STEP, STEP, FWD ROCK, ½ TURN SHUFFLE.

1 Turn ½ right stepping right next.

2&3 Kick left foot fwd, step down on ball of left, step fwd on right.

4 Step fwd on left.

5-6 Rock fwd on right, recover weight back on left.

7&8 Shuffle ½ turn right stepping right, left, right.

STEP KICK, COASTER CROSS & CROSS SIDE, BEHIND & CROSS.

1-2 Step fwd on left, kick right foot fwd.

3&4 Step back on right, step left next right, cross right over left.

&5-6 Step left to left side, cross right over left, step left to left side.

7&8 Step right behind left, step left to left side, cross right over left.

SIDE ROCK, ¼ SAILOR STEP, ½ TURN, SHUFFLE.

1-2 Rock left to left side, recover weight on right.

3&4 turn ¼ left, swinging left behind right, step right to right side, step left to left side.

5-6 Step fwd on right, pivot ½ turn left.

7&8 Shuffle fwd on right, left, right.

STEP TOUCH, ¼ CHASSE, STEP SCUFF, RIGHT LOCK STEP.

1-2 Step left to left side, touch right toe next left foot.

3&4 Step to right side, close left next right, turn ¼ right stepping fwd on right.

5-6 Step fwd on left, scuff right foot fwd.

7&8 Step fwd on right, lock left behind right, step fwd on right.

WEAVE ¼ TURN, STEP ½ TURN, SHUFFLE.

1-2 Cross left over right, step right to right side.

3-4 Cross left behind right, turn ¼ right stepping fwd on right.

5-6 Step fwd on left, pivot ½ right.

7&8 Step fwd on left, close right next left, step fwd on left.