

Lose My Mind

Choreographed by Bjarne Frederiksen

Description: 32 count, 4 wall, low intermediate line dance

Music: **Lose My Mind** by Brett Eldredge

Preview/purchase music

Intro: 16

HEEL AND HEEL, POINT AND POINT, TOUCH AND HEEL, STEP ½ TURN

1&2& Touch right heel forward, step right together, touch left heel forward, step left together

3&4& Touch right side, step right together, touch left side, step left together

5&6& Touch right together, step right together, touch left heel forward, step left together

7-8 Step right forward, turn ½ left (weight to left)

Restart from here on wall 7

SHUFFLE FORWARD, STEP ½ TURN, SHUFFLE FORWARD, STEP ½ TURN

1&2 Chassé forward right-left-right

3-4 Step left forward, turn ½ right (weight to right)

5&6 Chassé forward left-right-left

7-8 Step right forward, turn ½ left (weight to left)

Tag & Restart here on wall 3

CHARLESTON STEP TWICE

1-2 Touch right forward, step right back

3-4 Touch left back, step left forward

5-6 Touch right forward, step right back

7-8 Touch left back, step left forward

MAMBO STEP FORWARD, MAMBO STEP BACK, STEP ¼ TURN, SWAY SWAY

1&2 Rock right forward, recover to left, step right back

3&4 Rock left back, recover to right, step left forward

5-6 Step right forward, turn ¼ left (weight to left)

7-8 Hip right, hip left

REPEAT

TAG & RESTART

On wall 3 after 16 counts

1-4 Hip right, hip left, hip right, hip left

Restart the dance at the beginning

RESTART

Restart wall 7 after 8 counts

