



Web site: www.linedancerweb.com

E-mail: admin@linedancerweb.com

Lose My Mind

32 Count, 4 Wall, Intermediate

Choreographer: Wayne Learned (UK) Sept 2015
Choreographed to: Lose My Mind by Brett Eldridge

Start on lyrics.

Right Rocking Chair

1-4 Rock forward R, recover L, rock back R, recover L, R rocks with turns $\frac{1}{2}$ and $\frac{1}{4}$ right, hold
5&6&7 8 Rock fwd R, recover L while making $\frac{1}{2}$ R, rock fwd r, recover left while making $\frac{1}{4}$ right, step side right, hold

Left Rocking Chair

9 10 11 12 Rock forward L, recover R, rock back L, recover R, L rocks with turns $\frac{1}{2}$ and $\frac{1}{4}$ left, hold
13&14&15 16 Rock fwd L, recover R while making $\frac{1}{2}$ turn L, rock fwd L, recover R while making $\frac{1}{4}$ turn right, step side L, hold

R Toe touch, unwind, L shuffle

17 18 19&20 Touch R toe back, Unwind R and weight R, shuffle fwd LRL Heel switches, cross, unwind
21&22&23&24 Heel switches R heel, and L heel, and cross R over L, unwind $\frac{1}{2}$ turn L weighting L

Heel grind R and L, R coaster

25 26 27&28 Step fwd R heel, step beside L heel, coaster RLR Touch L unwind, body roll
29 30 31-32 Touch L toe behind R, unwind $\frac{3}{4}$ turn left weighting L, 2 count body roll

RESTARTS:

Restart #1: Wall # 3 Restart after 20 counts (you will be facing front wall again when you Restart).

Restart # 2: Wall #7 (facing 9:00) do first 8 counts but change weight to Left on the hold beat to Restart on R.