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Lose My Mind

32 Count, 4 Wall, Improver

Choreographer: Belén Márquez (ES) Oct 2015

Choreographed to: Lose My Mind by Brett Eldredge

Start Dancing on Lyrics

2 MAMBO STEP (FORWARD & BACK), JAZZ BOX

- 1&2 Rock Right Forward, Recover to Left, Step Right Back
- 3&4 Rock Left Back, Recover to Right, Step Left Forward
- 5-6 Cross Right Over Left, Step Left Back
- 7-8 Step Right Side, Cross Left Over Right - RESTART²

CHASSE ¼ RIGHT, STEP TURN, 2 LOCK STEP FORWARD (LEFT & RIGHT)

- 1&2 Step Right Side, Step Left Together, ¼ Turn Right and Step Right Forward
- 3-4 Step Left Forward, ½ Turn Right
- 5&6 Step Left Forward, cross Right Behind Left, Step Left Forward
- 7&8 Step Right Forward, cross Left Behind Right, Step Right Forward

STEP LEFT SIDE, CROSS/ROCK RIGHT BACK, STEP RIGHT SIDE, CROSS/ROCK LEFT BACK, TURN ¼ RIGHT, COASTER STEP, STEP LEFT FORWARD

- 1 Step Left Side - RESTART/TAG¹
- 2&3 Cross/Rock Right Behind Left, Recover to Left, Step Right Side
- 4&5 Cross/Rock Left Behind Right, Recover to Right, ¼ Turn Right and Step Left Back
- 6&7 Step Right Back, Step Left Together, Step Right Forward
- 8 Step Left Forward

TOES SWITCHES AND KICK BALL TOUCH (X2)

- 1&2& Touch Right Toe to Side, Step Right Together, Touch Left Toe to Side, Step Left Together
- 3&4& Kick Right Forward, Step Right Together, Touch Left Toe to Side, Step Left Together
- 5&6& Touch Right Toe to Side, Step Right Together, Kick Left Forward, Step Left Together
- 7-8 Touch Right Toe to Side, ¼ Turn Right and Drag Right Toe beside Left.

REPEAT

RESTART/TAG¹

Wall 3 - After count 17 (Step Left Side) we make 3 HOLD counts

RESTART²

Wall 6 - After count 8 (Jazz Box)