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64 Count 4 Wall Low Intermediate Level Dance.
Choreographed by: Victoria Nicholls (UK) Jul 2025
Choreographed to: Lose My Mind by Don Toliver feat Doja Cat
Intro: 32 Counts. Start at approx 17 secs.

Remember to Vote for your favourite dances in the Linedancer Charts.

SEC 1 SIDE ROCK, SHUFFLE FULL TURN, SIDE ROCK, SHUFFLE FULL TURN

1-2 Step R to the side, recover L
3&4 Step right for ¼ right, step left ¼ right, step right back ½ right (12:00)
5-6 Step L to the side, recover on R
7&8 Step left ¼ left, step right ¼ left, step left back ½ left (12:00)

SEC 2 HEEL GRIND ¼ TURN, COASTER STEP, HEEL GRIND ¼, COASTER STEP

1-2 Grind right heel ¼ to right, step left next to right (3:00)
3&4 Step right back, step left back, step right forward
5-6 Grind left heel ¼ to left, step right next to left (12:00)
7&8 Step left back, step right back, step left forward

SEC 3 ROCK, ½ SHUFFLE, ROCK, ½ SHUFFLE

1-2 Rock R forward, recover L
3&4 Step right ¼ right, step left next to right, step right forward ¼ right (6:00)
5-6 Rock L forward, recover R
7&8 Step left ¼ left, step right beside left, step left ¼ left (12:00)

SEC 4 ROCK, TRIPLE STEP, ROCK, TRIPLE STEP

1-2 Rock right forward recover left
3&4 Step right down, step left down, step right down
5-6 Rock left forward, recover on right
7&8 Step left down, step right down, step left down

SEC 5 JUMP FEET OUT, JUMP CROSS, UNWIND, HOLD, JUMP FEET OUT, JUMP CROSS, UNWIND, HOLD

1-2 Jump both feet apart, jump into crossing right over left
3-4 Unwind ½ left, hold (6:00)
5-6 Jump feet out, jump cross right over left
7-8 Unwind ½ left, hold (12:00)

SEC 6 POINT, POINT, SAILOR STEP, SAILOR STEP, SAILOR ¼ TURN

1-2 Point right toes to right diagonal, point right toes to left diagonal
3&4 Step right back, step left to side, step right to side
5&6 Step left back, step right to side, step left to side
7&8 Step Right back making ¼ turn right, step left to side, step right to side (3:00)

I Might Just Lose My Mind

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SEC 7 KICK BALL CHANGE, SLIDE AND DRAG, KICK BALL CHANGE, SLIDE AND DRAG

- 1&2 Kick left forward, step left down, step right down
- 3-4 Step left out to side, drag right next to left
- 5&6 Kick right forward, step right down, step left down
- 7-8 Step right out to side, drag left next to right

SEC 8 CROSS ROCK, SIDE ROCK, BACK ROCK, TOGETHER, STOMP

- 1-2 Rock left forward crossing over right, recover
- 3-4 Rock left out to side, recover
- 5-6 Rock left back , recover
- 7-8 Step left next to right, Stomp right

