

# Lose My Mind

Count: 64

Wall: 4

Level: Intermediate

Choreographer: Katie Terrett (WLS) - January 2011

Music: Lose My Mind - The Wanted



## (INTRO- 16 Counts)

### SECTION 1: Cross L Side R Behind L Point R, Cross R, Turn 1/4 R, Back L, R Back Shuffle R.

- 1-2 Cross Left, Side Right,
- 3-4 Behind Left, Point Right to the Side.
- 5-6 Cross Right, Turn 1/4 Right Stepping Back on the Left (3.00)
- 7&8 Right Back Shuffle.

### SECTION 2: Back Rock L, Full Turn R, Cross L Point R, Cross R Point L.

- 1-2 Back Rock Left, Recover on R.
- 3-4 Full Turn Right (Turn 1/2 Back L, Turn 1/2 Forward R)
- 5-6 Cross Left, Point Right to the side.
- 7-8 Cross Right, Point Left to the side.

### SECTION 3: Touch L Kick, L Coaster Step, Shuffle 1/2 Turn Back, Turn 1/4 L Side Shuffle.

- 1-2 Touch Left forward, Kick Left forward.
- 3&4 Left Coaster Step.
- 5&6 Shuffle 1/2 Turn Back on R,LR.
- 7&8 Turn 1/4 Left Side Shuffle.

### SECTION 4: Cross Rock R, Coaster or Triple Full Turn, Cross Rock L Sailor 1/2 Turn.

- 1-2 Cross Rock Right, Recover on Left
- 3&4 Right Coaster or Triple Full Turn
- 5-6 Cross Rock Left
- 7&8 Left Sailor 1/2 Turn.

### SECTION 5: Diagonal Lock Steps x2

- 1-2 Right Lock
- 3&4 Right Lock Right
- 5-6 Left Lock
- 7&8 Left Lock Left

### SECTION 6: Syncopated Jazz Box 1/4 Turn L, Point R Monteray 1/2 Turn Point L, Side Switches R & L.

- 1-2 Cross Right, Back Left
- &3-4 Side Right Turn 1/4 L (&) Cross Left, Point Right to Side.
- 5-6 Monteray 1/2 Turn R, Point Left to the Side.
- &7-8 Step Left next to R (&) Point Right & Point Left (Side Switches)

### \* RESTART- During Wall 2

### SECTION 7: Touch L Kick & Cross R Side L, Touch R Right Kick & Cross L Side R.

- 1-2 Touch Left next to Right, Kick Left
- 3&4 Together (&) Cross Right, Side Left
- 5-6 Touch Right, Kick Right
- 7&8 Together (&) Cross Left, Side Right.

### SECTION 8: L Coaster Step, Step R 1/2 Turn L, Cross R Side L, R Sailor Step.

- 1&2 Left Coaster Step
- 3-4 Step Right 1/2 Turn Left

5-6 Cross Right, Side Left

7&8 Right Sailor step (angled slightly to R diagonal)

**\* RESTART- During Wall 2 (Facing the Front Wall) After the Side Switches.**

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