

# Lose My Mind

Count: 32

Wall: 4

Level: Easy Intermediate

Choreographer: Paul Clifton (UK) - March 2011

Music: Lose My Mind - The Wanted



## Intro 16 Counts From Heavy Beat

### SEC 1: CHASSE, CROSS UNWIND FULL TURN, CHASSE, WEAVE..

- 1&2 Step right to right side, Step left next to right, Step right to right side.  
3-4 Cross left over right, Unwind full turn right ( weight on right ).  
5&6 Step left to left side, Step right next to left, Step left to left side.  
7-8 Step right behind left, Step left to left side.

Option\* counts 3-4 (cross rock left over right, Recover onto right.)

### SEC 2: CROSS ROCK, CHASSE ¼ TURN, STEP ¼ PIVOT, CROSS SHUFFLE

- 1-2 Cross rock right over left, Recover onto left,  
3&4 Step right to right side, Step left next to right, Make ¼ turn right stepping right forward.  
5-6 Step left forward, Pivot ¼ turn right.  
7&8 Cross left over right, Step right to right side, Cross left over right.

### SEC 3: STEP, HOLD, BALL CROSS SIDE, SAILOR STEP, CROSS UNWIND ¾ TURN.

- 1-2 Step right to right side, Hold,  
& 3-4 Step left slightly back, Cross right over left, Step left to left side.  
5&6 Step right behind left, Step left to left side, Step right slightly to right side.  
7-8 Step left behind right, Unwind ¾ turn left ( weight on left)

### SEC 4: SIDE ROCK, WEAVE, SIDE ROCK, WEAVE.

- 1-2 Rock right to right side, Recover onto left.  
3&4 Step right behind left, Step left to left side, Cross right over left.  
5-6 Rock left to left side, Recover onto right.  
7&8 Step left behind right, Step right to right side, Cross left over right.
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