

# Lose My Mind

**COPPER** KNOB  
STEPSHEETS

Compte: 32

Mur: 4

Niveau: Beginner

Chorégraphe: Kristina Kovatch (USA) - December 2022

Musique: Lose My Mind - Brett Eldredge



#16 count intro 4 Count Hold/Tag wall 6 at 6:00 + 1 Restart wall 12 at 6:00

## GRAPEVINE RIGHT, GRAPEVINE LEFT

1-4 Step R to right side, Step L behind R, Step R to right side, Touch L next to R  
5-8 Step L to right side, Step R behind L, Step L to Left side, Touch R next to RL

## R HEEL, L HEEL, R HEEL HOOK, R HEEL, R FOOT FLICK

12 Tap right heel forward, step right next to left  
34 Tap left heel forward, step left next to right  
56 Tap right heel forward, hook over left knee  
78 Tap right heel forward, flick right to back

\*\*\* RESTART 6:00 WALL 12

## TRIPLE STEPS RIGHT AND LEFT

1-4 Step forward R-L-R hold  
5-8 Step forward L-R-L hold

## Pivot Chase Turn, Full Turn Right

1-4 Step right forward, ½ turn pivot to the left with left taking weight, step right forward, hold  
5-8 Turn ½ right and step left back, turn ½ right and step right forward, Step left forward, hold

End of dance is similar to Redneck Angel. Triple step (R-L-R), then triple (L-R-L), then half turn over L shoulder (R-L-R) ending 6:00, then either full turn over R shoulder OR triple step fwd (L-R-L) ending 6:00

Written up and Submitted by Linda Turner

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