

# Lose My Mind

COPPER KNOB  
STEPSHEETS

拍數: 32      牆數: 4      級數: High Beginner  
編舞者: Bjarne Frederiksen (DK) - June 2015  
音樂: Lose My Mind - Brett Eldredge : (iTunes)



Intro: 16 count

**S1 : Heel and heel, point and point, touch and heel, step pivot ½ turn.**

1&2&      Touch right heel forward, step right next to left, touch left heel forward, step left next to right.  
3&4&      Point right to right side, step right next to left, point left to left side, step left next to right.  
5&6&      Touch right toe next to left, step right next to left, touch left heel forward, step left next to right.  
7-8      Step forward on right, pivot ½ left.

**S2: Shuffle forward, step pivot ½ turn, shuffle forward, step pivot ½ turn.**

1&2      Step forward on right, step left next to right, step forward on right.  
3-4      Step forward on left, pivot ½ right  
5&6      Step forward on left, step right next to left, step forward on left.  
7-8      Step forward on right, pivot ½ left.

**S3: Charleston Step x 2**

1-2      Touch right forward, step back on right.  
3-4      Touch left back, step forward on left.  
5-6      Touch right forward, step back on right.  
7-8      Touch left back, step forward on left.

**S4: Mambo step forward, mambo step back, step ¼ turn, sway sway.**

1&2      Rock forward on right, recover left, step back on right.  
3&4      Rock back on left, recover right, step forward on left.  
5-6      Step forward on right, make a ¼ turn left.  
7-8      Sway hip to the right, sway hip to the left.

**TAG: On wall 3 after 16 count:**

~4 hip bumps – right-left-right-left facing 12 o'clock  
Restart the dance

**RESTART: On wall 7 after 8 count: facing 3 o'clock**

Restart the dance

Contact: [den.gale.cowboy@gmail.com](mailto:den.gale.cowboy@gmail.com)