

# Lose My Mind

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Audrey Watson (SCO) - January 2011  
音樂: Lose My Mind - The Wanted



Start dance 16 counts after the heavy beat kicks in - NO TAGS OR RESTARTS –BLISS.

## STEP HITCH, COASTER STEP, CROSS SIDE, BEHIND & CROSS.

1-2            Step fwd on right, hitch left knee.  
3&4           Step back on left, step right next left, step fwd on left.  
5-6           Cross right over left, step left to left.  
7&8           Cross right behind left, step left to left side, cross right over left.

## SIDE ROCK, SAILOR STEP, CROSS ROCK, CHASSE ¼ TURN.

1-2            Rock left to left side, recover weight on right.  
3&4           Cross left behind right, step right to right side, step left to left side.  
5-6           Cross rock right over left, recover weight back on left.  
7&8           Step right to right side, close left next right, turn ¼ right stepping fwd on right.

## PIVOT ¼ TURN, WEAVE, POINT.

1-2            Step fwd on left, turn ¼ right.  
3-4            Cross left over right, step right to right side,  
5-6            Cross left behind right, step right to right side.  
7-8            Cross left over right, point right toe to right side.

## ½ TURN, KICK BALL STEP, STEP, FWD ROCK, ½ TURN SHUFFLE.

1              Turn ½ right stepping right next.  
2&3           Kick left foot fwd, step down on ball of left, step fwd on right.  
4              Step fwd on left.  
5-6           Rock fwd on right, recover weight back on left.  
7&8           Shuffle ½ turn right stepping right, left, right.

## STEP KICK, COASTER CROSS & CROSS SIDE, BEHIND & CROSS.

1-2            Step fwd on left, kick right foot fwd.  
3&4           Step back on right, step left next right, cross right over left.  
&5-6          Step left to left side, cross right over left, step left to left side.  
7&8           Step right behind left, step left to left side, cross right over left.

## SIDE ROCK, ¼ SAILOR STEP, ½ TURN, SHUFFLE.

1-2            Rock left to left side, recover weight on right.  
3&4           turn ¼ left, swinging left behind right, step right to right side, step left to left side.  
5-6           Step fwd on right, pivot ½ turn left.  
7&8           Shuffle fwd on right, left, right.

## STEP TOUCH, ¼ CHASSE, STEP SCUFF, RIGHT LOCK STEP.

1-2            Step left to left side, touch right toe next left foot.  
3&4           Step to right side, close left next right, turn ¼ right stepping fwd on right.  
5-6           Step fwd on left, scuff right foot fwd.  
7&8           Step fwd on right, lock left behind right, step fwd on right.

## WEAVE ¼ TURN, STEP ½ TURN, SHUFFLE.

1-2            Cross left over right, step right to right side.

3-4 Cross left behind right, turn  $\frac{1}{4}$  right stepping fwd on right.  
5-6 Step fwd on left, pivot  $\frac{1}{2}$  right.  
7&8 Step fwd on left, close right next left, step fwd on left.

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