

# Lose My Mind

**COPPER KNOB**  
STEPPERS

**Count:** 32

**Wall:** 2

**Level:** Beginner / Improver

**Choreographer:** Shirley Blankenship (USA) & Conrad Farnham (USA) - August 2018

**Music:** Lose My Mind - Brett Eldredge



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## Shuffles Forward Right And Left, 1/2 Pivot Left, Turning 1/4 Left Shuffle

- 1&2 Shuffle forward on right (RLR) - 12:00
- 3&4 Shuffle forward on left (LRL)
- 5-6 Step forward on right, pivot 1/2 left
- 7&8 Turning 1/4 left shuffle (RLR) -3:00

## Rock Back Left /Recover/ Shuffle Left Forward, Jazz 1/4 Right

- 1-2 Rock back on left, Recover on right
- 3&4 Shuffle forward on left (LRL)
- 5-8 Cross right over L, step back on L, Step 1/4 R on R, left forward - 6:00

## Jazz Right V—Step

- 1-4 Cross right over L, step back on L, Right on R, left forward - 6:00
- 5-8 Step right to R, Left to L, In on Right, In on left

## Right Step, Left Behind, Step right, Heel forward, Step, Cross (Repeat on Left)

- 1-2&3&4 Step side R, left behind R, step R, touch L heel forward, step left in place, cross R over L
- 5-6&7&8 Step side L, right behind L, step L, touch R heel forward, step right in place, cross L over R

**\*Wall #3(6:00)on second Jazz Box, Cross R over L, Stomp L, hand movement like an umpire calling "safe"  
Pause for 2 seconds, Restart dance!!!**

**It's All About Fun - ENJOY**

**\*\* Special Thanks to K.Sholes for listening and helping me make a decision and also a video before I could get one. Shirley \*\***

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