

F1 (The Movie Dance)

Count: 80

Wall: 2

Level: Phrased Advanced

Choreographer: GoWildWest Isabel (CH) - July 2025

Music: Lose My Mind (feat. Doja Cat) (From F1® The Movie) - Don Toliver



Phrased: AA BBBB CC BB*

Choreograph : GoWildWest Isabel, Juli 2025

Music : Lose My Mind From F1® The Movie

Interpret : Don Toliver (feat. Doja Cat)

A: 16 Intro

A 1: 2x Side Rock, Behind Side Cross

- 1,2 RF step right, weight back on LF
- 3&4 RF cross behind, LF step left, RF cross infront
- 5,6 LF step left, weight back on RF
- 7&8 LF cross behind, RF step right, LF cross infront

A 2: Rock Recover, Triple Turn ½ R, Rock Recover, Triple Fullturn L

- 1,2 RF rock fwd, weight back on LF (12 :00)
- 3&4 turn ½ right with Triple step: RF, LF, RF (6:00)
- 5,6 LF rock fwd, weight back on RF
- 7&8 Full turn left with Triple step: LF, RF, LF (12 :00)

B: 32

B 1: Stomp Swivel, Coaster Step, 2x Pivot ½

- 1&2 RF stomp fwd, swivel right heel out & in (raise right hip / weight is on LF)
- 3&4 RF step back, LF step beside, RF step fwd
- 5,6 LF step fwd, turn ½ right on both balls and give weight on RF
- 7,8 REPEAT 5,6

B 2: Stomp Swivel, Coaster Turn ¼ L, Rocking Chair

- 1&2 LF stomp fwd, swivel left heel out & in (raise left hip / weight is on RF)
- 3&4 turn ¼ L with LF step back, RF step beside, LF step fwd
- 5,6,7,8 RF rock fwd, weight on LF, RF rock back, weight on LF

B 3: Turn ¼ L & Stomp R, Rock Back Step Left, Weave, Rock Recover Turn ¼ L

- 1-2 turn ¼ left and RF do a slide right with stomp, hold
- 3&4 LF cross behind, weight back on RF, LF step left
- 5&6 RF cross behind, LF step left, RF cross infront
- 7,8 turn ¼ L and LF rock fwd, weight back on RF

B 4: Turn ¼ L & Stomp, Sailor Step, Coaster Turn ¼ L, Step Turn ¼ L

- 1,2 turn ¼ left and LF stomp left, hold
- 3&4 RF cross behind, LF step beside, RF step right
- 5&6 turn ¼ L with LF step back, RF step beside, LF step fwd
- 7,8 RF step fwd, turn ¼ L and give weight on LF

C: 32

C 1: Step Knee Pop, Sailor Step, Sailor Turn, Heel Switches

- 1&2 RF step right, pop knees with heels up, heels down
- 3&4 RF cross behind, LF step beside, RF step right
- 5&6 LF cross behind, RF step beside, turn ¼ left with LF step fwd
- 7&8& RF heel, weight on RF, turn ¼ left and LF heel, weight on LF

C 2: Vaux De Ville, Vaux De Ville Turn, ½ Pivot L, Hold with Shoulders

1&2& RF cross infront, LF step left, RF right out heel up, weight on RF(6:00)
3& LF cross infront, RF step right with a ¼ turn left
4& LF left out heel up, weight on LF (3:00)
5,6 RF step fwd, turn on both balls ½ left, weight on LF
7&8 turn ¼ l and RF step right out, Shoulders push up, Shoulders normal

C 3: 2x Scissor Step fwd, Heel & Toe & Heel & Heel &

1&2 RF cross behind, LF step little bit fwd, RF step right diagonal fwd
3&4 LF cross behind, RF step little bit fwd, LF step left diagonal fwd
5,6 RF cross infront, weight on LF (6:00)
7&8 Shuffle turn ½ right with RF, LF, RF (12:00)

C 4: Cross Rock, Shuffle Turn ½, 2x Pivot R, Cross Step, Step R, Step L, Touch R

1,2 LF step fwd, turn on both balls ½ right (6:00)
3,4 REPEAT 5,6 (12:00)
5,6 LF cross infront (go down in knees), RF close next to LF
7,8 LF step left out, RF touch next to LF

Ending**B 4: ENDING is in Part B 4 the last 2 Counts**

7,8 RF step fwd, turn ¾ L and give weight on LF

Last Update: 30 Jul 2025
