



"Lose my mind"

Choreographed by Teo Lattanzio
(Year 2023)



Phrased choreography (Syncopated counts):
Part A 32 counts-Part B 40 counts-Tag 12 counts-Final
Level: Intermediate

Sequence:
A-B-Tag-A-B-A-B-Tag+Stomp

Music: "Lose my mind" by Brett Eldredge
YouTube music links: <https://youtu.be/eoC80eqQv1c>

Stepsheet created and translated by Antonella Baldo Capilvenere

YouTube tutorial: <https://youtu.be/qf-dlEj3X50>
YouTube only dance: <https://youtu.be/bVU-ihmELuM>

Intro: 16 counts - Start dancing begin on lyrics

PART A

SEC 1: GRAPEVINE, STOMP UP, TRAVELING SWIVEL TOE-HEEL-TOE, SCUFF, JAZZ BOX CROSS, SIDE STEP, SCUFF, STOMP, STOMP UP

- 1&2& Right step to right side, left cross behind right, right step to right side, left stomp up beside right
- 3&4& Left toe to left side, left heel to left side, left toe to left side, right scuff next to left
- 5&6& Right cross over left, left step back, right step to right side, left cross over right
- 7&8& Right step to right side, left scuff next to right, left stomp to left side, right stomp up beside left

SEC 2: GRAPEVINE, STOMP UP, TRAVELING SWIVEL TOE-HEEL-TOE ¼ TURN, SCUFF, ¼ TURN SIDE STEP, STOMP UP, SIDE STEP, STOMP UP, LONG STEP, SLIDE, TOUCH POINT BACK

- 1&2& Right step to right side, left cross behind right, right step to right side, left stomp up beside right
- 3&4& Left toe to left side, left heel to left side, left toe to left side turning ¼ left (h 9:00), right scuff next to left
- 5&6& ¼ turn left (h 6:00) and right step to right side, left stomp up beside right, left step to left side, right stomp up beside left
- 7 8 Right long step to right side (slightly diagonally back), left drag next to right and left touch point back (turn head to right and right hand on hat)

SEC 3: SHUFFLE, MAMBO STEP, COASTER STEP, STEP, ¼ TURN

- 1&2 Left step forward, right step beside left, left step forward
- 3&4 Right rock forward, recover on left, right step back
- 5&6 Left step back, right step beside left, left step forward
- 7 8 Right step forward (slightly crossed over left), ¼ turn left (h 3:00, weight to left)

SEC 4: HEEL BALL CHANGE, HEEL BALL CHANGE, TOUCH POINT FORWARD, STEP, TOUCH POINT BACK, ¼ TURN

- 1&2 Right heel forward (upper body turns slightly to the right), right ball beside left (upper body returning front), recover on left
- 3&4 Right heel forward (upper body turns slightly to the right), right ball beside left (upper body returning front), recover on left



- 5 6 Right touch point forward (upper body slightly backward), right step back (upper body returns straight)
- 7 8 Left touch point back (turn head to right and right hand on hat), drop left heel turning ¼ left (h 12:00)

PART B

SEC 1: JUMPING ROCK BACK, RECOVER, CROSS, RECOVER, JUMPING ROCK BACK, RECOVER, STOMP UP, KICK, CROSS, RECOVER ½ TURN, CROSS, RECOVER, JUMPING ROCK BACK, RECOVER, STOMP UP

- 1&2& Jump with right rock back (with left kick forward), recover on left, right cross over left, recover on left
- 3&4 Jump with right rock back (with left kick forward), recover on left, right stomp up beside left
- 5&6& Right kick forward, right cross over left, recover on left by turning ½ left (h 6:00), right cross over left, recover on left
- 7&8 Jump with right rock back (with left kick forward), recover on left, right stomp up beside left

SEC 2: JUMPING ROCK BACK, RECOVER, CROSS, RECOVER, JUMPING ROCK BACK, RECOVER, STOMP UP, KICK, CROSS, RECOVER ½ TURN, CROSS, RECOVER, JUMPING ROCK BACK, RECOVER, STOMP UP

- 1&2& Jump with right rock back (with left kick forward), recover on left, right cross over left, recover on left
- 3&4 Jump with right rock back (with left kick forward), recover on left, right stomp up beside left
- 5&6& Right kick forward, right cross over left, recover on left by turning ½ left (h 12:00), right cross over left, recover on left
- 7&8 Jump with right rock back (with left kick forward), recover on left, right stomp up beside left

SEC 3: SHUFFLE LOCK, SCUFF, SHUFFLE LOCK, STOMP UP, SIDE STEP, STOMP UP, SIDE STEP, STOMP UP, KICK X 2, ROCK BACK, RECOVER AND HOOK

- 1&2& Right step diagonally forward, left cross behind right, right step diagonally forward, left scuff next to right
- 3&4& Left step diagonally forward, right cross behind left, left step diagonally forward, right stomp up beside left
- 5&6& Right step to right side, left stomp up beside right, left step to left side, right stomp up beside left
- 7&8& Right kick forward, right kick forward, right rock back by turning ¼ right (h 3:00), recover on left returning in front (12:00) and right hook behind left

SEC 4: DIAGONAL STEP, HOOK, DIAGONAL STEP, HOOK, DIAGONAL STEP, HOOK, DIAGONAL STEP, STOMP UP, DIAGONAL STEP, HOOK, DIAGONAL STEP, HOOK, JUMPING ROCK BACK, RECOVER, STOMP UP

- 1&2& Right step diagonally forward, left hook behind right, left step diagonally forward, right hook behind left
- 3&4& Right step diagonally forward, left hook behind right, left step diagonally forward, right stomp up beside left
- 5&6& Right step diagonally back, left hook behind right, left step diagonally back, right hook behind left
- 7&8 Jump with right rock back (with left kick forward), recover on left, right stomp up beside left

SEC 5: ROLLING VINE, SCISSOR STEP, SIDE ROCK, RECOVER, STOMP UP

- 1 2 ¼ turn right (h 3:00) and right step forward, ½ turn right (h 9:00) and left step back
- 3 4 ¼ turn right (h 12:00) and right step to right side, left stomp up beside right
- 5&6 Left step to left side, recover on right, left cross over right
- 7&8 Right rock to right side, recover on left, right stomp up beside left



TAG

SEC 1: STEP, STEP, STEP, STEP, ½ TURN, STEP, STEP, STEP, STEP, ½ TURN

1 2 3 4& Right step forward, left step forward, right step forward, left step forward, ½ turn right
(h 6:00, weight to right)

5 6 7 8& Left step forward, right step forward, left step forward, right step forward, ½ turn left
(h 12:00, weight to left)

SEC 2: STEP, HOLD, STOMP, STOMP

1 2 Right step forward, hold (weight to left)

3 4 Right stomp forward, left stomp next to right

FINAL

Perform a RIGHT STOMP after the Tag (h 12:00)

