

Lose It

Count: 32 **Wall:** 4 **Level:** Beginner

Choreographer: Tracy Patterson - July 2018

Music: "Lose It" by Kane Brown



Intro: 16 counts (Start on Vocals)

Restart on Wall 5 After 28 Counts

Rock, Recover Right, Rock, Recover Left, Repeat

1,2&	Rock forward on Right foot, Recover on Left, Step Right
3,4&	Rock forward on Left foot, Recover on Right, Step Left
5,6&	Rock forward on Right foot, Recover on Left, Step Right
7,8&	Rock forward on Left foot, Recover on Right, Step Left

Sway 4 Counts, Chassé Right, Rock Back, Recover

1-4	Sway hips Right, Left, Right, Left
5&6	Chassé Right, Left, Right
7-8	Rock back on Left, Recover on Right

Chassé Left, Rock Back, Recover, (2) 1/8 Paddles

1&2	Chassé Left, Right, Left
3-4	Rock back on Right, Recover on Left
5-8	Step Right forward, 1/8 Paddle to Left, Repeat (9:00)

Jazz Box, Rocking Chair

1-4	Cross Right over Left, Step Left Back, Step Right to Right side, Step Left next to Right
5-8	Rock Forward on Right, Step back on Left, Rock back on Right, Step Left forward

Contact: tpatterso12@yahoo.com