Lose It

Count: 40 **Wall:** 2 **Level:** Intermediate
Choreographer: Caroline Cooper (UK) - December 2018
Music: Lose It - Kane Brown

Intro: at 16 counts

S1: BACK ROCK, SIDE ROCK CROSS, SIDE ROCK, BACK ROCK, SIDE ROCK, CROSS

1-2	Rock back on R, recover on L
3&4	Rock R to R side, recover on L, cross R over L
5&	Rock L to L side, recover R
6&	Rock L behind R, recover R
7&8	Rock L to L side, recover R, cross L over R (12)

RESTART HERE WALL 3 FACING 12

S2: BACK LOCK STEP, BACK ROCK STEP, CHASSE RIGHT, BACK ROCK, ¼ TURN L

1&2	Step back R, lock L across in front of R, step back R
3&4	Rock back L, recover R, step forward L
5&6	Step R to R side, close L next to R, step R to R side
7&8	Rock L back behind R, (start preparing to turn ¼ turn L) recover R, step forward L (9)

ADD TAG HERE WALL 6 (see below)

S3: R & L LOCK FORWARD, ROCK FORWARD, RECOVER, TRIPLE ¾ TURN

1&2	Step R forward, lock L behind, step forward R
3&4	Step L forward, lock R behind, step L forward
5-6	Rock forward R, recover L
7&8	Triple ¾ turn over R shoulder RLR (6)

S4: TOE HEEL STOMP X 2, SWAY L & R, BEHIND SIDE CROSS

1&2	Tap L toe forward, tap L heel forward, stomp L next to R
3&4	Tap R toe forward, tap R heel forward, stomp R next to L
5-6	Step L to L side, swaying hips L, recover R swaying hips R
7&8	Cross L behind R, step R to R side, cross L over R (6)

RESTART HERE WALL 4 FACING 6

S5: SIDE BACK ROCK, SIDE BACK ROCK, FULL CIRCULAR WALK

1-2&	Step R to R side, back rock L behind R, recover R
3-4&	Step L to L side, back rock R behind L, recover L
5-6	¼ turn R stepping forward R, ¼ turn R stepping forward L
7-8	¼ turn R stepping forward R, ¼ turn R stepping forward L (6)

TAG : WALL 6 - STEP PIVOT ½ TURN, STEP PIVOT ½ TURN CIRCULAR ¾ WALK OVER LEFT TO 12 RLRL

1-2	Step forward R, ½ turn L
3-4	Step forward R, ½ turn L

(option for a rocking chair instead of pivot turns)

5-6	¼ turn L stepping forward R, ¼ turn L stepping forward L
7-8	¼ turn L stepping forward, step forward L (restart dance facing 12)

Last Update – 6th Dec. 2018