

I Lose It

Count: 32

Wall: 4

Level: Intermediate

Choreographer: Noah Sierra (USA) - July 2018

Music: Lose It - Kane Brown



Intro counts: 16 counts

ROTATING JAZZ BOX, TRIPLE FORWARD R, MAMBO FORWARD L.

- 1-2 Cross RF over LF, step LF back w/ 1/8 of ¼ pivot R.
- 3-4 Step RF to R side w/ 1/8 of ¼ pivot L, step LF on RF.
- 5&6 Shuffle R forward.
- 7&8 Rock LF forward, recover on RF, step LF back.

TRIPLE BACK R, MAMBO BACK L, STEP/HOLD X2, RUN FORWARD X4 (RLRL).

- 1&2 Shuffle R back.
- 3&4 Rock LF back, recover on RF, step LF forward.
- 5&6& Step RF forward, hold 1 count, step LF forward, hold 1 count.
- 7&8& Run RF forward, run LF forward, run RF forward, run LF forward.

CROSS, STEP, SWAY R, SWAY L, HIP BUMPS X2.

- 1-2 Cross RF over LF, step LF back.
- 3-4 Sway R hip to R side, sway L hip to L side.
- 5-6 Bump R hip to R side X2.
- 7-8 Bump L hip to L side X2.

SAILOR R, CROSS, STEP, CROSS, POINT R, POINT L, R HEEL, L HEEL.

- 1&2 Step/rock RF behind LF, recover on LF, step RF on LF.
- 3&4 Cross LF behind RF, step RF to R side, cross LF over RF.
- 5&6& Touch R toe to R side, step RF on LF, touch L toe to L side, step LF on RF.
- 7&8& Touch R heel forward, step RF on LF, touch L heel forward, step LF on RF.

TAG: End of wall 1: JAZZ BOX W/ HOLDS.

- 1-2 Cross RF over LF, hold 1 count.
- 3-4 Step LF back, hold 1 count.
- 5-6 Step RF to R side, hold 1 count.
- 7-8 Step LF on RF, hold 1 count.

RESTART: Wall 4, after first 16 counts.

Please do not alter this step sheet in any way. If you would like to use on your website please make sure it is in its original format and include all contact details on this script. Also, if you would like a FREE .MP3 (audio) copy of the song, please email me and let me know.

Email: noahsierragae@gmail.com

Website: dancewithnoah.website2.me

Last Update – 10 July 2019