

Lose It

COPPER KNOB
STEPPERS

Count: 32

Wall: 4

Level: Beginner

Choreographer: Tracy Patterson (USA) - July 2018

Music: Lose It - Kane Brown



Intro: 16 counts (Start on Vocals)

Restart on Wall 3 After 24 Counts

Rock, Recover Right, Rock, Recover Left, Repeat

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|------|---|
| 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

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|-----|-------------------------------------|
| 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

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|-----|---|
| 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

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|-----|--|
| 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 |

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Last Update - 16th Aug. 2017