

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

