

# Lose It

**COPPER KNOB**  
STEPPERS

拍数: 0      墙数: 4      级数: Intermediate/Advanced  
编舞者: Guyton Mundy (USA) & Barry Durand (USA)  
音乐: Just Lose It - Eminem



Sequence: AA, A (1-16), B, AAB, AA, AB, AA (On the 3rd A pattern do the first 16 counts of the dance ending with your weight on left)

## PART A

### SKATE, ROCK/RECOVER, CROSS, SIDE STEP, TOES IN, HEELS IN, HEAD TILTS

- 1-2      Skate forward right, skate forward left
- 3&4      Rock right to right side, recover to left, cross right over left
- 5&6      Step left to left side, bring toes in, bring heels in
- 7&8      Tilt head to left, tilt head to right, bring head back to center

### COASTER, ¼ TURN ROCK/RECOVER, CROSS, SIDE STEP, CROSS, SWITCH TOUCHES

- 1&2      Step back on left, step together with right, step forward to left
- 3&4      Make a ¼ turn to left and rock right to right side, recover back on left, cross right over left
- 5&6      Step left to left side, cross right over left, touch left to left side
- &7&8      Bring left to right, touch right to right side, bring right to left, touch left to left side

### SWITCH TOUCHES WITH ¼ TURN, CROSS, UNWIND ½ TURN, SIDE BODY ROLLS

- &1&2      Bring left to right, while making a ¼ turn to the left touch right to right side, bring right to left, touch left to left side
- &3-4      Bring left to right, cross right over left, unwind a ½ turn to the left
- 5-6      Roll body to the right
- 7-8      Roll body to the left

### WALKS, ARM PULL WITH ¼ TURN, SHUFFLE

- 1-2-3-4      Walk forward right, left, right left with arms forward, with alternating shoulder bumps starting with the right shoulder down on count 1 and left shoulder down on &, and repeat until count 4
- 5      Take left arm out in front and across body to the right
- 6      Pull left arm to the left and make a ¼ turn pivot to the right
- 7&8      Shuffle forward left, right, left

## PART B

### PONY STEPS WITH FULL TURN

- 1&2      Step in place right, left, right, with head tilted to the right, while making a ¼ turn to left
- 3&4      Step in place left, right, left, with head tilted to the left, while making a ¼ turn to left
- 5&6      Repeat counts 1&2
- 7&8      Repeat counts 3&4

### HITCH STEP HITCH IN PLACE, TRIPLE FORWARD, ¼ TURN PADDLE (TWICE)

- 1&2      Step down on right while hitch left up, touch left down, hitch left up
- 3&4      Step forward, left, right, left
- 5-6      Step right forward while pivoting a ¼ turn to the left
- 7-8      Step right forward while pivoting a ¼ turn to the left

### SIDE STEP, SAILOR, LOCK STEP, STEP WITH ¼ TURN

- 1      Step right to right side
- 2&3      Step left behind right, step together with right, step forward on left making ¼ turn to left
- &4      Lock right behind left, step forward on left

5-8 Repeat counts 1-4

**SIDE STEP, SAILOR, LOCK STEP, STEP WITH ¼ TURN**

1 Step right to right side

2&3 Step left behind right, step together with right, step forward on left making ¼ turn to left

&4 Lock right behind left, step forward on left

5-8 Repeat counts 1-4

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