

# Lose It

**COPPER** KNOB  
STEPSHEETS

**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**

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**

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**

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**

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**

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