

I Lose It

Count: 48

Wall: 4

Level: Improver

Choreographer: Cathy Snow (USA) - August 2018

Music: Lose It - Kane Brown



#16 counts intro; Start dancing on lyrics

Toe-Heel, Stomp (R,L), Right Rock & Cross, Left Rock & Step

- 1&2 Touch R toe beside L with knee pointing toward L, Touch R heel forward with toe pointing outward. Stomp R in front of L
- 3&4 Touch L toe beside R with knee pointing toward R. Touch L toe side R with knee pointing outward. Stomp L in front of right,
- 5&6 Rock R side, cross R over L
- 7&8 Rock L side, cross L over R

Repeat Steps 1-8

Step Forward, Touch/Clap; Step Back Touch/Clap; Step Back, Touch Hitch, Step, Touch

- 1-2 Step R forward to R diagonal. Touch L beside R, clap
- 3-4 Step L back to center, touch R beside L with clap.
- 5-6 Step back on R, Touch/Hitch L.
- 7-8 Step forward on L. Touch R beside L.

Sway R Sway L, Triple, Sway L, Sway R Triple

- 1-2 Sway R, L
- 3&4 Chasse' to the R (RLR)
- 5-6 Sway L, R
- 7&8 Chasse' to the L (LRL)

Shuffle forward (RLR), Left Rock Step Recover R, Back, Back, Coaster Step (L)

- 1&2 Shuffle forward (RLR)
- 3-4 Rock L forward. Recover R.
- 5,6,7&8 Step back L, Step back R, Step back L, Step R next to L. Step forward L.

¼ Turn Shuffle Side, Rock, Step, Full Turn, Shuffle Side

- 1&2 Quickly turn ¼ left stepping side right. Step left next to right. Side step right
- 3-4 Cross rock left behind right. Replace weight on right.
- 5-6 Turn ¼ right stepping back left; turn ½ right stepping forward right.
- 7&8 Turn ¼ right stepping side left. Step right next to left. Step side left.

***Restart: 9:00 Wall 40 counts into dance (after back, back, coaster. Music cues you to Restart.**

***Tag and Restart**

Vocals stop: (after back, back, coaster step)

Cross right ½ turn; Cross left ½ turn, Unwind; Hip Bumps (2R 2L)

- 1-2 Cross R over L ½ turn
- 3-4 Cross L over R ½ turn, unwind
- 5-6 Step R with 2 hip bumps
- 7-8 Step L with 2 hip bumps

*** RESTART**

Contact: mrssno@email.com

