

Lose It

Count: 32

Wall: 2

Level: Improver

Choreographer: God Bless Country Music - July 2019

Music: Lose It - Kane Brown : (Album: Experiment)



Intro : 16 Count

[1 – 8] STEP, TOUCH, BACK, KICK, COASTER STEP, SCUFF, STEP LOCK STEP, SCUFF, STEP TURN STEP, SCUFF,

1&2& RF Fwd, Touch LF behind RF, LF Back, Kick RF,
3&4& RF Back, LF beside RF, RF Fwd, Scuff LF,
5&6& LF Fwd, Lock RF behind LF, LF Fwd, Scuff RF,
7&8& RF Fwd, ½ Turn Left, RF Fwd, Scuff LF,

[9 – 16] VAUDEVILLE LEFT & RIGHT, STEP LOCK STEP, SCUFF, STEP, ¼ TURN,

1&2& Cross LF over RF, RF to R, Left Heel diag L, LF beside RF,
3&4& Cross RF over LF, LF to L, Right Heel diag R, RF beside LF,
5 - 8 LF Fwd, Lock RF Back LF, LF Fwd, Scuff RF, RF Fwd, ¼ to L

[17 – 24] SWITCH HEEL, SWITCH POINT, TOUCH, POINT, BEHIND SIDE CROSS

1&2& Right Heel Fwd, RF beside LF, Left Heel Fwd, LF beside RF,
3 & 4 Point RF to R, RF beside LF, Point LF to L,
5 - 8 Touch LF beside RF, Point LF to L, Cross LF behind RF, RF to R, Cross LF over RF,

[25 – 32] ROCK STEP, ¼ TRIPLE SIDE, CROSS ROCK, TRIPLE SIDE,

1 - 4 RF Fwd LF, Recover on LF, ¼ to R RF to R, LF beside RF, RF to R,
5 - 8 Cross LF Fwd RF, Recover on RF, LF to L, RF beside LF, LF to L,

TAG # 1 HERE AFTER THE FIRST WALL

TAG # 2 HERE AFTER THE SECOND WALL

TAG # 2 + TAG # 1 + TAG # 3 HER AFTER THE FOURTH WALL

TAG # 2 + TAG # 2 HERE AFTER THE FIFTH WALL

TAG # 1 : 8 COUNT

[1 – 8] SYNCOPATED WEAVE, TRIPLE CROSS, SIDE ROCK, BEHIND, UNWIND ½ LEFT.

1&2& Cross RF over LF, LF to L, Cross RF behind LF, LF to L,
3 & 4 Cross RF over LF, LF to L, Cross RF over LF,
5 - 8 LF to L, Recover on RF, Cross LF behind RF, ½ Tour to L,

TAG # 2 : 16 COUNT

[1 – 8] STEP TURN, TRIPLE FWD, KICK BALL STEP, KICK BALL STEP,

1 - 4 RF Fwd, ½ Turn L, RF Fwd, LF beside RF, RF Fwd,
5 & 6 Kick LF, LF beside RF, RF Fwd,
7 & 8 Kick LF, LF beside RF, RF Fwd,

[9 – 16] STEP TURN, TRIPLE FWD, HEEL BALL STEP, HEEL BALL STEP,

1 - 4 LF Fwd, ½ Turn L, LF Fwd, RF beside LF, LF Fwd,
5 & 6 Right Heel Fwd, RF beside LF, LF Fwd,
7 & 8 Right Heel Fwd, RF beside LF, LF Fwd,

TAG # 3 : 8 COUNT

[1 – 8] STEP, ¼ TURN, STEP, ¼ TURN, JAZZ BOX,

1 - 4 RF Fwd LF, ¼ Turn L, RF Fwd, ¼ Turn L,

