

# Try Losing One

Count: 40

Wall: 4

Level: Intermediate

Choreographer: Karen Knight (UK) - April 2022

Music: Try Losing One - Tyler Braden



**Intro: Start after count 8**

## Section 1: Nightclub, Side, Coaster Step, Step x 2, Forward Rock, Back

1,2& Step right large step to right side. Cross rock left behind right. Recover on right  
3,4&5 Step left to left side. Step right back. Step left beside right. Step right forward  
6,7 Step left forward and sweep right. Step right forward and sweep left  
8&1 Rock forward on left. Recover on right. Step left back

## Section 2: Sailor 1/4, (Cross Rock, Side) x 2, Run x 3

2&3 Turn 1/4 right crossing right behind left (3:00). Step left to left side. Step right to right side  
4&5 Cross rock left over right. Recover on right. Step left to left side  
6&7 Cross rock right over left. Recover on left. Step right to right side  
8&1 Run forward stepping left, right, left

## Section 3: Cross, Back, Nightclub, 1/4 Turn, Full Triple Turn, Side

2& Cross right over left. Step left back  
3,4& Step right large step to right side. Cross rock left behind right. Recover on right  
5 Step left 1/4 turn left (12:00)  
6&7 Turn 1/2 left stepping right back. Turn 1/2 left stepping left forward. Step right forward #\*\*  
8 Step left to left side

## Section 4: Back x 2, Side, Step x 2, Nightclub x 2, 1/4 Turn

1& Turn 1/8 right stepping right back (1:30). Step left back  
2 Turn 1/8 right stepping right to right side (3:00)  
&3 Turn 1/8 right stepping left forward (4:30). Step right forward  
4,5& Step left large step to left side. Cross rock right behind left. Recover on left  
6 Turn 1/8 left stepping right large step to right side (3:00)  
7&8 Cross rock left behind right. Recover on right. Step left 1/4 turn left (12:00) \*

## Non-turning step 8: 1/4 Turn

8 Turn 1/4 right stepping left back (6:00)

## Section 5: 1/2 Turn, Behind, Side, Cross Rock, Vine Left, Behind Unwind 3/4, Step

1 Turn 1/2 left stepping right back (6:00)

## Non-turning step 1: Back

1 Step right back  
2& Cross left behind right. Step right to right side  
3,4 Cross rock left over right. Recover on right  
&5& Step left to left side. Cross right over left. Step left to left side  
6-8 Cross right behind left. Unwind 3/4 turn right (3:00). Step left forward

## Non-turning steps 6-8: Behind Unwind 1/4, Step

6-8 Cross right behind left. Unwind 1/4 turn left (3:00). Step left forward

## Step Change: # Wall 5 (9:00) after 23 Counts (facing 9:00)

8 Close

Step left beside right

Restarts:

\* Wall 3 (6:00) after 32 Counts (restart facing 6:00)

\*\* Wall 5 after Step Change

**Choreographers note: In Wall 5 (9:00) the music goes quieter.  
Keep dancing at the same speed and the music will kick in again at the Restart point.**

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