

Lose You Again

Count: 48

Wall: 4

Level: Improver

Choreographer: Jean-Marc RAFFANEL (FR) - July 2024

Music: lose you again (feat. parmalee) - Avery Anna



The dance starts after 16 counts

section 1 : SIDE ROCK, CROSS TRIPLE, SIDE ROCK, SAILOR ¼ TURN L

1-2 step Rf on side, recover onto Lf
3&4 cross Rf over Lf, step Lf on side, cross Rf over Lf
5-6 step Lf on side, recover onto Rf
7&8 cross Lf behind Rf, ¼ turn L step Rf next to Lf, step Lf fwd 9:00

section2 : SIDE, HOLD, BALL, SIDE, TOUCH, SIDE, HOLD, BALL, SIDE, TOUCH

1-2 & step Rf on side, hold, step Lf next to Rf
3-4 step Rf on side, touch Lf next to Rf
5-6& step Lf on side, hold, step Rf next to Lf
7-8 step Lf on side, touch Rf next to Lf

RESTART HERE WALL 5 (facing 9:00)

section 3 : ROCK FWD, BACK, HEEL, HOLD, ROCK FWD, TRIPLE SIDE ¼ TURN R

1-2& step Rf fwd, recover onto Lf, step Rf back
3-4& heel Lf fwd, hold, step Lf next to Rf
5-6 step Rf fwd, recover onto Lf
7&8 ¼ turn R step Rf on side, step Lf next to Rf, step Rf on side 12:00

section 4 : CROSS, SIDE, BEHIND, SIDE, CROSS, SIDE ROCK, TRIPLE ¾ TURN L

1-2 cross Lf over Rf, step Rf on side
3&4 cross Lf behind Rf, step Rf on side, cross Lf over Rf
5-6 step Rf on side, recover onto Lf
7&8 ¼ turn L step Rf fwd, ¼ turn L step Lf next to Rf, ¼ turn L step Rf back 3:00

section 5 : TRIPLE BACK, ROCK BACK, KICK BALL CROSS, KICK BALL CROSS

1&2 step Lf back, step Rf next to Lf, step Lf back
3-4 step Rf back, recover onto Lf
5&6 kick Rf fwd, step Rf fwd, cross Lf over Rf
7&8 kick Rf fwd, step Rf fwd, cross Lf over Rf

section 6 : SIDE, TOGETHER, TRIPLE FWD, SIDE, TOGETHER, TRIPLE BACK

1-2 Step Rf on side, step Lf together Rf
3&4 step Rf fwd, step Lf next to Rf, step Rf fwd
5-6 step Lf on side, step Rf next to Lf
7&8 step Lf back, step Rf next to Lf, step Lf back

start again with smile

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