

Lose It

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Tracy Patterson (USA) - July 2018
音乐: 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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