

# I Lose It

拍数: 48      墙数: 4      级数: Improver  
编舞者: Cathy Snow (USA) - August 2018  
音乐: 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](mailto:mrssno@email.com)

