

# I'm Losing It

拍数: 48      墙数: 2      级数: Phrased Intermediate  
编舞者: Helene Pedersen (NOR) - March 2024  
音乐: Hey Baby (feat. Gia Koka) - Imanbek & AFROJACK



Intro: 16 counts

Phrasing: ABAAABAA TAG BA

A : 32 counts:

**(1-8) Kick & point ,Kick & point, cross point, point, sailor step.**

1&2            Rf kick fwd(1), Rf step fwd(&), Lf point L(2).  
3&4            Lf kick fwd(3), Lf step fwd(&), Rf point R(4).  
5-6            Rf point across Lf(5), Rf point R(6).  
7&8            Rf step behind Lf(7), Lf step beside Rf(&), Rf step R(8).

**(9-16) Side, hold, together, side, point back, sway, sway, 1/4 hip-roll**

1-2&3-4        Lf step L(1), hold(2), Rf step beside Lf(&), Lf step L(3), Rf point Behind Lf(4).  
5-6            Rf step R & sway hip to R(5), sway hip to L(6).  
7-8            ¼ hip-roll L over 2 counts(weight end on Rf).(9.00)

**(17-24) Back, hold, back, together, knee-pop, cross, side, cross shuffle.**

1-2            Lf step back(1), hold(2).  
&3&4            Rf step back(&), Lf step beside Rf(3), pop both knees up(&), and Down(4).  
5-6            Rf cross over Lf(5), Lf step L(6).  
7&8            Rf cross over Lf(7), Lf step L(&), Rf cross over Lf(8).

**(25-32) ¼ rock, recover, mashed potato steps, out, out, head roll.**

1-2            Lf rock L(1), ¼ L recover to Rf(2).(6.00)  
&3&4            Swivel both heels out(&), Lf step back(3), swivel both heels out(&), Rf step back(4)  
5-6            Lf step back to L diagonal(5), Rf step back to R diagonal(6).  
7-8            Roll head anticlockwise with hands beside head.

**B16 counts**

**(1-8) ½ diamond.**

1-2            Rf slide R(1), hold(2).  
3-4            1/8 L Lf step back(3), Rf step back(4).(10.30)  
5-6            1/8 L Lf slide L(5), hold(6).(9.00)  
7-8            1/8 L Rf step fwd(7), Lf step fwd(8).(7.30)

**(9-16) Side, 1/8 back, back, ¼ 4x mashed potato steps.**

1-2            1/8 L Rf slide R(1), hold(2).(6.00)  
3-4            1/8 L Lf step back(3), Rf step back(4).(4.30)  
5&6&7-8        ¼ L Lf step fwd(5), swivel both heels out(&), Rf step fwd(6),((1.30) Swivel both heels out(&),  
Lf step fwd(7), swivel both heels out(&), Both heels back to center(8). Turn 1/8 L to start A  
again.(12.00)

**TAG: 32 counts.**

**(1-8) Hand movements and a 1/4 turn R**

1-2            R hand fwd(like you shake hands)(1), L hand fwd(2).  
3-4            R arm up(bend at elbow)(3), L arm up(4).  
5-6            Make a circle with your arms(L to R) and sweep your Rf out to R(5), ¼ R Rf step R(6).  
7-8            Shake both hands.

**(9-16) Hand movements, fwd shimmy, ¼ R shimmy.**

- 1-2 R hand to L hip(1), L hand to R hip(2).
- 3-4 R hand out to R(3), L hand out to L(4).
- 5-6 Lf fwd shimmy shoulders.
- 7-8 ¼ R recover to Rf shimmy shoulders.

**(17-24) Arm movements, point, arm movements, point, arm movements, kick.**

- 1-2 With R arm make a wave across your body(1), L arm up, bend at elbow and Rf point R(2).
- 3-4 With L arm make a wave across your body(3), R arm up, bend at elbow And Lf point L(4).
- 5&6&7&8 Play drums as you move weight to Lf starting with R hand(5&6&7&), Kick Rf to L and L arm up(8).

**(25-32) Cross, back, 1/4 step, jump together, cross, step, cross, step**

- 1-2 Rf cross over Lf(1), Lf step back(2).
- 3-4 ¼ R Rf step R(3), jump Lf together(4).
- 5-6 ¼ R Rf cross over Lf(5), Lf step L(6).
- 7-8 Rf cross over Lf(7), ¼ L Lf step fwd(8).

**Have fun :-)**

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