

# Lose It

拍数: 0                      墙数: 4                      级数: Intermediate/Advanced  
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音乐: Just Lose It - Eminem



Sequence: AA, A (1-16), B, AAB, AA, AB, AA (On the 3rd A pattern do the first 16 counts of the dance ending with your weight on left)

## PART A

### SKATE, ROCK/RECOVER, CROSS, SIDE STEP, TOES IN, HEELS IN, HEAD TILTS

1-2                      Skate forward right, skate forward left  
3&4                     Rock right to right side, recover to left, cross right over left  
5&6                     Step left to left side, bring toes in, bring heels in  
7&8                     Tilt head to left, tilt head to right, bring head back to center

### COASTER, ¼ TURN ROCK/RECOVER, CROSS, SIDE STEP, CROSS, SWITCH TOUCHES

1&2                     Step back on left, step together with right, step forward to left  
3&4                     Make a ¼ turn to left and rock right to right side, recover back on left, cross right over left  
5&6                     Step left to left side, cross right over left, touch left to left side  
&7&8                    Bring left to right, touch right to right side, bring right to left, touch left to left side

### SWITCH TOUCHES WITH ¼ TURN, CROSS, UNWIND ½ TURN, SIDE BODY ROLLS

&1&2                    Bring left to right, while making a ¼ turn to the left touch right to right side, bring right to left, touch left to left side  
&3-4                    Bring left to right, cross right over left, unwind a ½ turn to the left  
5-6                     Roll body to the right  
7-8                     Roll body to the left

### WALKS, ARM PULL WITH ¼ TURN, SHUFFLE

1-2-3-4                Walk forward right, left, right left with arms forward, with alternating shoulder bumps starting with the right shoulder down on count 1 and left shoulder down on &, and repeat until count 4  
5                        Take left arm out in front and across body to the right  
6                        Pull left arm to the left and make a ¼ turn pivot to the right  
7&8                     Shuffle forward left, right, left

## PART B

### PONY STEPS WITH FULL TURN

1&2                     Step in place right, left, right, with head tilted to the right, while making a ¼ turn to left  
3&4                     Step in place left, right, left, with head tilted to the left, while making a ¼ turn to left  
5&6                     Repeat counts 1&2  
7&8                     Repeat counts 3&4

### HITCH STEP HITCH IN PLACE, TRIPLE FORWARD, ¼ TURN PADDLE (TWICE)

1&2                     Step down on right while hitch left up, touch left down, hitch left up  
3&4                     Step forward, left, right, left  
5-6                     Step right forward while pivoting a ¼ turn to the left  
7-8                     Step right forward while pivoting a ¼ turn to the left

### SIDE STEP, SAILOR, LOCK STEP, STEP WITH ¼ TURN

1                        Step right to right side  
2&3                     Step left behind right, step together with right, step forward on left making ¼ turn to left  
&4                        Lock right behind left, step forward on left

5-8 Repeat counts 1-4

**SIDE STEP, SAILOR, LOCK STEP, STEP WITH ¼ TURN**

1 Step right to right side

2&3 Step left behind right, step together with right, step forward on left making ¼ turn to left

&4 Lock right behind left, step forward on left

5-8 Repeat counts 1-4

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