

Lose It

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2
編舞者: Joy Morehead - June 2018
音樂: Lose It - Kane Brown

級數: High Beginner



START after 16cts at lyrics

****2 RESTARTS WALL 2 & 4**

(2) Wizards, 3 Heel Switches, R hook

1-2&, 3-4& R diagonal fwd step - L behind R – R diagonal fwd, L diagonal fwd step - R behind L – L diagonal fwd

5&6&7&8 R heel out – R step nxt to L – L heel out – L step nxt to R – R heel out, R heel hook up “figure 4”

*****RESTART #1 WALL 2**

R Step, L Heel Grind w/ ¼ L turn, L Coaster, Out-Out, Swivels

&, 1-2 R step, L heel fwd “grind” weight on L ¼ turning to L – recover weight on R (9:00)

3&4, 5-6 L back – R nxt to L – L fwd, R step out to R side – L step out to L side (feet apart)

7&8 Swivel heels inward – toes inward – heels inward

*****RESTART #2 WALL 4 (resets beginning of dance to 3:00 & 9:00 walls)**

(2) ¼ L Paddle turns, 2 Cross-over Mambos

1-2,3-4 R fwd pushing hips ¼ L turn (6:00) – repeat (3:00)

5&6, 7&8 R crosses over L – recover weight on L – R nxt to L, L crosses over R – recover weight on R – L nxt to R

R Stomp-Body Roll, R Coaster, ¼ R pivot, Crossing Shuffle

1-2, 3&4 R fwd Stomp – Body Roll, R back – L nxt to R – R fwd

5-6, 7&8 L fwd – ¼ R pivot turn weight onto R (6:00), L crossing over R – R behind L – L crossing over R

Created 06/27/18 – Stepsheet by Annemarie Dunn