

# Lose It

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Tracy Patterson (USA) - July 2018  
音樂: 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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