

I Lose It!

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Improver
編舞者: Step5678 (USA), Cindy & Sue - November 2018
音樂: Lose It - Kane Brown



Intro: 16 Counts....Start On The Word "Little"

Tag / Restart: On Wall 3 After 24 Counts - Tag With Restart: On Wall 6 After 24 Counts

(1-8) Step (R), Knee Pop (R), Triple Fwd (R), Step (L), Knee Pop (L), Triple Fwd (L)

1-2 Step R fwd (1), Small jump fwd onto L (slightly behind R) while popping R knee fwd (2)
3&4 Step R fwd (3), Step L next to R (&), Step R fwd (4)
5-6 Step L fwd (5), Small jump fwd onto R (slightly behind L) while popping L knee fwd (6)
7&8 Step L fwd (7), Step R next to L (&), Step L fwd (8)

(9-16) Kick-Ball-Change x 2 (R)(Traveling Back), Rock Back/Rec(R), Full Turn Left

1&2 Kick R fwd (1), Step R back (&), Step L next to R (weight on L) (2)
3&4 Kick R fwd (3), Step R back (&), Step L next to R (weight on L) (4)
5-6 Rock R back (5), Recover onto L (6)
7-8 Make ½ turn left stepping back on R (7), Make ½ turn left stepping fwd on L (8)

(17-24) Cross/Back/Side (R), Cross/Back/Side (L), Step Fwd (R), ½ Left Turn Hitch, Triple Fwd (L)

1&2 Cross R over L (1), Step back on L (&), Step R to right (2)
3&4 Cross L over R (3), Step back on R (&), Step L to left (4)
5-6 Step R fwd (5), Pivot ½ left - hitching left knee (6)
7&8 Step L fwd (7), Step R next to L (&), Step L fwd (8)

******Restart Here On 3rd Wall.....Tag With Restart Here On 6th Wall******

(25-32) Mambo Fwd (R), Mambo Back (L), Hip Sways (R, L, R, L)

1&2 Rock R fwd (1), Recover onto L (&), Step R back (2)
3&4 Rock L back (3), Recover onto R (&), Step L fwd (4)
5-6 Step R to right and sway hips right (5), Sway hips left (6)
7-8 Sway hips right (7), Sway hips left - ending with weight on left (8)

Tag:

(1-8) Jazz Box - ¼ Right x 2

1-4 Step R over L (1), Step back on L - ¼ right (2), Step R to right (3), Step L fwd (4)
5-8 Step R over L (5), Step back on L - ¼ right (6), Step R to right (7), Step L fwd (8)

Let's Dance!!!

Contact: keepstpn@aol.com