

# 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](mailto:keepstpn@aol.com)**