

# Lose It

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Lisa Bodnar (USA) - October 2018  
音樂: Lose It - Kane Brown



## [1-8]: STEP OUTS, HIP CIRCLES, SHUFFLE FORWARD

- 1-2            Step L foot out to L, Step R foot out to R (will now be shoulder width apart)  
3&4            Circle hips counter-clock wise by moving from right to left direction and making a full circle – at you circle back to the front, lift left leg to a small hitch on (4)  
5&6            Step L down and let hips move from right/front to start in a clockwise position, around to left while you lift the right left to a small hitch on (5)  
7&8            Make a ¼ R and shuffle forward R-L-R

## [9-16]: STEP, ½ TURN SIT/POP TO STAND KICK, POP OUT, PIGEON TOES IN, R HEEL TURNS OUT, L HEEL TURNS OUT

- 9                Stepping forward onto your L foot as you make a ½ turn over R shoulder with weight on the L foot.  
10&11          Bring R back together with L as you “drop/sit” (10), pop up to stand on (&) while making a small forward kick with your L foot(11) (\*weight will be on the R leg, which will be back slightly).  
&12            Step L at home (&) putting weight onto L. Step R to square up with L – will end on a shoulder-width stance on (12).  
13&14          Turn both toes in toward center on (13), turn heels in on (&), turn toes in on (14) to square up in home position.  
15&            Pin the ball of your R foot and swivel your R heel out to the R on (15) and back to home on (&) while you transfer the weight over to your R foot.  
16&            Pin the ball of your L foot and swivel your L heel out to the L side on (16) and back to home on (&). (Weight will stay on R)

## [17-24]: L HEEL OUT/LEAN BACK, STEP ¼ CROSS, STEP L, R TOUCH TOGETHER, SCUFF THROUGH, HEEL/HITCH SLIDE, STEP R BACK, ½ TURN

- 17                Touch L heel forward (weight is on R)  
&18            Bring L foot in (&) as you make ¼ turn to R and cross R foot over L, bringing weight onto that crossed R foot (18)  
19-20&        Step L foot out to L side (19) and start to bring R foot in to scuff the R foot through on (20) from back to front (keep weight on L) on bring R leg up to a side hitch on (&) as you finish the scuff, turning the ankle inward and the knee outward to the toe of the R foot points to the R.  
21-22          On the follow through, make a big slide to the R with the R hitched leg (21), bring L foot next to R taking the weight onto it (22)  
23                Point R toe back - it should be touching on the floor, weight in on the front, L leg  
24                Make a ½ over your right shoulder using the toe to balance while pivoting/turning, keeping the weight on the L foot, which you will be doing the pivoting on. \*For styling you can give a little booty pop back using your left hip.

## [25-32]: SHUFFLE FORWARD, STEP ½ TURN PIVOT DIP WITH HITCH, CROSS R BEHIND L, CROSS L BEHIND R, CROSS R BEHIND L AND ¾ UNWIND.

- 25&26          Shuffle forward R-L-R  
27-28          Step L forward and ½ turn over your R shoulder while setting weight back onto your L leg  
29                Cross R foot behind L (keep this tight) – after you cross, step weight onto R leg  
30                Cross L foot behind R (using same format as above)  
31-32          Cross R foot behind L (31), Unwind for a ¾ turn over R shoulder (32) \*weight should end on the right!

TAG: \*\*You will do the first 32 counts of the dance, add an 8 count tag on this pre-chorus only and proceed

**into the second 32 counts...**

- 1&2 Scuff L foot through and step down on the left and quickly touch the R toe out to the R side. (\*Styling tip: as you scuff through add a hop before touching out to the side!)
- 3&4 Scuff R foot through and step down on the right foot and quickly touch the L toe out to the L side.
- 5-6 Walk L, Walk R (Styling – add some attitude!)
- 7 Step back on left
- &8 Hop up on R on (&) and snap kick L leg on (8). (This is originally choreographed with a L front, snap kick. If you are not comfortable with this you can stomp your L foot on (7) and just kick your L foot forward on (8).)

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