

# Lose It

拍數: 40      牆數: 2      級數: Intermediate  
編舞者: Caroline Cooper (UK) - December 2018  
音樂: Lose It - Kane Brown



Intro: at 16 counts

## S1: BACK ROCK, SIDE ROCK CROSS, SIDE ROCK, BACK ROCK, SIDE ROCK, CROSS

1-2            Rock back on R, recover on L  
3&4            Rock R to R side, recover on L, cross R over L  
5&            Rock L to L side, recover R  
6&            Rock L behind R, recover R  
7&8            Rock L to L side, recover R, cross L over R (12)

**RESTART HERE WALL 3 FACING 12**

## S2: BACK LOCK STEP, BACK ROCK STEP, CHASSE RIGHT, BACK ROCK, ¼ TURN L

1&2            Step back R, lock L across in front of R, step back R  
3&4            Rock back L, recover R, step forward L  
5&6            Step R to R side, close L next to R, step R to R side  
7&8            Rock L back behind R, (start preparing to turn ¼ turn L) recover R, step forward L (9)

**ADD TAG HERE WALL 6 (see below)**

## S3: R & L LOCK FORWARD, ROCK FORWARD, RECOVER, TRIPLE ¾ TURN

1&2            Step R forward, lock L behind, step forward R  
3&4            Step L forward, lock R behind, step L forward  
5-6            Rock forward R, recover L  
7&8            Triple ¾ turn over R shoulder RLR (6)

## S4: TOE HEEL STOMP X 2, SWAY L & R, BEHIND SIDE CROSS

1&2            Tap L toe forward, tap L heel forward, stomp L next to R  
3&4            Tap R toe forward, tap R heel forward, stomp R next to L  
5-6            Step L to L side, swaying hips L, recover R swaying hips R  
7&8            Cross L behind R, step R to R side, cross L over R (6)

**RESTART HERE WALL 4 FACING 6**

## S5: SIDE BACK ROCK, SIDE BACK ROCK, FULL CIRCULAR WALK

1-2&            Step R to R side, back rock L behind R, recover R  
3-4&            Step L to L side, back rock R behind L, recover L  
5-6            ¼ turn R stepping forward R, ¼ turn R stepping forward L  
7-8            ¼ turn R stepping forward R, ¼ turn R stepping forward L (6)

## TAG : WALL 6 - STEP PIVOT ½ TURN, STEP PIVOT ½ TURN CIRCULAR ¾ WALK OVER LEFT TO 12 RLRL

1-2            Step forward R, ½ turn L  
3-4            Step forward R, ½ turn L

**(option for a rocking chair instead of pivot turns)**

5-6            ¼ turn L stepping forward R, ¼ turn L stepping forward L  
7-8            ¼ turn L stepping forward, step forward L (restart dance facing 12)

Last Update – 6th Dec. 2018

