

Lose It

拍數: 0 牆數: 4 級數: Intermediate/Advanced
編舞者: Guyton Mundy (USA) & Barry Durand (USA)
音樂: Just Lose It - Eminem



Sequence: AA, A (1-16), B, AAB, AA, AB, AA (On the 3rd A pattern do the first 16 counts of the dance ending with your weight on left)

PART A

SKATE, ROCK/RECOVER, CROSS, SIDE STEP, TOES IN, HEELS IN, HEAD TILTS

1-2 Skate forward right, skate forward left
3&4 Rock right to right side, recover to left, cross right over left
5&6 Step left to left side, bring toes in, bring heels in
7&8 Tilt head to left, tilt head to right, bring head back to center

COASTER, ¼ TURN ROCK/RECOVER, CROSS, SIDE STEP, CROSS, SWITCH TOUCHES

1&2 Step back on left, step together with right, step forward to left
3&4 Make a ¼ turn to left and rock right to right side, recover back on left, cross right over left
5&6 Step left to left side, cross right over left, touch left to left side
&7&8 Bring left to right, touch right to right side, bring right to left, touch left to left side

SWITCH TOUCHES WITH ¼ TURN, CROSS, UNWIND ½ TURN, SIDE BODY ROLLS

&1&2 Bring left to right, while making a ¼ turn to the left touch right to right side, bring right to left, touch left to left side
&3-4 Bring left to right, cross right over left, unwind a ½ turn to the left
5-6 Roll body to the right
7-8 Roll body to the left

WALKS, ARM PULL WITH ¼ TURN, SHUFFLE

1-2-3-4 Walk forward right, left, right left with arms forward, with alternating shoulder bumps starting with the right shoulder down on count 1 and left shoulder down on &, and repeat until count 4
5 Take left arm out in front and across body to the right
6 Pull left arm to the left and make a ¼ turn pivot to the right
7&8 Shuffle forward left, right, left

PART B

PONY STEPS WITH FULL TURN

1&2 Step in place right, left, right, with head tilted to the right, while making a ¼ turn to left
3&4 Step in place left, right, left, with head tilted to the left, while making a ¼ turn to left
5&6 Repeat counts 1&2
7&8 Repeat counts 3&4

HITCH STEP HITCH IN PLACE, TRIPLE FORWARD, ¼ TURN PADDLE (TWICE)

1&2 Step down on right while hitch left up, touch left down, hitch left up
3&4 Step forward, left, right, left
5-6 Step right forward while pivoting a ¼ turn to the left
7-8 Step right forward while pivoting a ¼ turn to the left

SIDE STEP, SAILOR, LOCK STEP, STEP WITH ¼ TURN

1 Step right to right side
2&3 Step left behind right, step together with right, step forward on left making ¼ turn to left
&4 Lock right behind left, step forward on left

5-8 Repeat counts 1-4

SIDE STEP, SAILOR, LOCK STEP, STEP WITH ¼ TURN

1 Step right to right side

2&3 Step left behind right, step together with right, step forward on left making ¼ turn to left

&4 Lock right behind left, step forward on left

5-8 Repeat counts 1-4
