

# Girl I Lose It

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**Count:** 32      **Wall:** 4      **Level:** Intermediate

**Choreographer:** Phyllis Manier - November 2018

**Music:** Lose It by Kane Brown

## #16 count intro - 2 Restarts (2 / 4 wall dance)

### Heel and Heel and Heel Jacks x2 and cross turn

- 1&2&**      Right heel out & home Left heel out & home
- 3&4&**      Cross Right over left and step left right heel out& right home
- 5&6&**      Cross Left over right and step right left heel out & left home
- 7-8**      Cross Left / right ½ Turn turning left (6:00)

### Restart here wall 2

### Cross Rocking chair x2 , Cross side behind, Step turn, turn touch

- 1&2&3&4**    Cross Rock right over left & back left x2
- &5&6**      Cross left over right step side right, behind left, ¼ turn right step forward right
- 7-8**      Step forward Left , ½ turn right touch right toe in front

### Restart here wall 4

### Step Lock Step Brush x2, Mambo Step, skate back Right, Left

- 1&2&**      Step forward right, step left behind, forward right and brush left
- 3&4&**      Step forward left, step right behind, forward left and brush right
- 5&6**      Mambo forward, Right left right
- 7-8**      Skate back Left ,Right

### Coaster step, Turning Hip bumps, Step turn

- 1&2**      Left back together forward
- 3&4**      Hips bumps to right stepping forward right 1/4 turn
- 5&6**      Hips bumps to left stepping forward left ¼ turn
- 7-8**      Step forward right ¼ turn turning left

## **Restart**

**This dance starts on 12:00 and 6:00 2 wall but will change to 3:00 and 9:00 with the second Restart.**

**Contact: [bobandphyllis1986@gmail.com](mailto:bobandphyllis1986@gmail.com)**

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