

Lose It

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Count: 32 **Wall:** 4 **Level:** Beginner

Choreographer: Tracy Patterson - July 2018

Music: "Lose It" by Kane Brown

Intro: 16 counts (Start on Vocals)

Restart on Wall 3 After 24 Counts

Rock, Recover Right, Rock, Recover Left, Repeat

- 1,2&** Rock forward on Right foot, Recover on Left, Step Right
- 3,4&** Rock forward on Left foot, Recover on Right, Step Left
- 5,6&** Rock forward on Right foot, Recover on Left, Step Right
- 7,8&** Rock forward on Left foot, Recover on Right, Step Left

Sway 4 Counts, Chassé Right, Rock Back, Recover

- 1-4** Sway hips Right, Left, Right, Left
- 5&6** Chassé Right, Left, Right
- 7-8** Rock back on Left, Recover on Right

Chassé Left, Rock Back, Recover, (2) 1/8 Paddles

- 1&2** Chassé Left, Right, Left
- 3-4** Rock back on Right, Recover on Left
- 5-8** Step Right forward, 1/8 Paddle to Left, Repeat (9:00)

Jazz Box, Rocking Chair

- 1-4** Cross Right over Left, Step Left Back, Step Right to Right side, Step Left next to Right
- 5-8** Rock Forward on Right, Step back on Left, Rock back on Right, Step Left forward

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Last Update - 16th Aug. 2017