

I Lose It

LINEDANCE.COM

Count: 40

Wall: 4

Level: Intermediate

Choreographer: Noah Sierra - July 2018

Music: Kane Brown - Lose It

Intro: (START ON VOCALS)

S1: SCISSOR STEP X2, HEEL SWITCHES.

- 1&2** Push RF to R side, recover on LF, cross RF over LF.
3&4 Push LF to L side, recover on RF, cross LF over RF.
5&6& Step RH forward, touch RF on LF, step LH forward, touch LF on RF.
7&8& Step RF forward, touch RF on LF, step LH forward, touch LF on RF.

*****RESTART HERE Wall 2 after 8 counts*****

S2: HIP BUMPS (RLR, LRL), JAZZ BOX.

- 1&2** Step R hip forward, step L hip backwards, step R hip forward.
3&4 Step L hip forward, step R hip backwards, step L hip forward.
5-6 Cross RF over LF, step LF backwards.
7-8 Step RF to R side, touch LF on RF.

S3: PIVOT ½, TRIPLE FORWARD X2 (RLR, LRL), STOMP (LOUDLY) FORWARD X2 (R, L).

- 1-2** Step RF forward, pivot ½ L.
3&4 Step RF slightly forward, step LF slightly forward, step RF slightly forward.
5&6 Step LF slightly forward, step RF slightly forward, step LF slightly forward.
7-8 Stomp (LOUDLY) RF forward, stomp (LOUDLY) LF forward.

*****RESTART HERE Wall 3 first 24 counts*****

S4: VINE R, VINE L WITH ¼ PIVOT.

- 1-4** Step RF to R side, cross LF behind RF, step RF to R side, touch LF on RF.
5-8 Step LF to L side, cross RF behind LF, step LF to L side, touch RF on LF with ¼ pivot L.

STEP, LOCK, TRIPLE DIAGONAL (RLR).

- 1-2** Step RF diagonal forward, lock LF behind RF.

- 3&4** Step RF slightly forward diagonal, step LF slightly forward diagonal, step RF slightly forward diagonal.
- 5-6** Step LF diagonal forward, lock RF behind LF.
- 7&8** Step LF slightly forward diagonal, step RF slightly forward diagonal, step LF slightly forward diagonal.

RESTART: Wall 2 after first 8 counts/Wall 3 after first 24 counts

****ALL NEW** Stepsheet submission website created myself:**

Noahsierrastepsheetsubmission.my-free.website

Please do not alter this step sheet in any way. If you would like to use on your website please make sure it is in its original format and include all contact details on this script.