

# Lose It

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**Count:** 32

**Wall:** 4

**Level:** Intermediate

**Choreographer:** Lisa Bodnar (October 2018)

**Music:** "Lose It" by Kane Brown

## [1-8]: STEP OUTS, HIP CIRCLES, SHUFFLE FORWARD

**1-2:** Step L foot out to L, Step R foot out to R (will now be shoulder width apart)

**3&4:** Circle hips counter-clock wise by moving from right to left direction and making a full circle - at you circle back to the front, lift left leg to a small hitch on (4)

**5&6:** Step L down and let hips move from right/front to start in a clockwise position, around to left while you lift the right left to a small hitch on (5)

**7&8:** Make a  $\frac{1}{4}$  R and shuffle forward R-L-R

## [9-16]: STEP, $\frac{1}{2}$ TURN SIT/POP TO STAND KICK, POP OUT, PIGEON TOES IN, R HEEL TURNS OUT, L HEEL TURNS OUT

**9:** Stepping forward onto your L foot as you make a  $\frac{1}{2}$  turn over R shoulder with weight on the L foot.

**10&11:** Bring R back together with L as you "drop/sit" (10), pop up to stand on (&) while making a small forward kick with your L foot(11) (\*weight will be on the R leg, which will be back slightly).

**&12:** Step L at home (&) putting weight onto L. Step R to square up with L - will end on a shoulder-width stance on (12).

**13&14:** Turn both toes in toward center on (13), turn heels in on (&), turn toes in on (14) to square up in home position.

**15&:** Pin the ball of your R foot and swivel your R heel out to the R on (15) and back to home on (&) while you transfer the weight over to your R foot.

**16&:** Pin the ball of your L foot and swivel your L heel out to the L side on (16) and back to home on (&). (Weight will stay on R)

**[17-24]: L HEEL OUT/LEAN BACK, STEP  $\frac{1}{4}$  CROSS, STEP L, R TOUCH TOGETHER, SCUFF THROUGH, HEEL/HITCH SLIDE, STEP R BACK,  $\frac{1}{2}$  TURN**

**17: Touch L heel forward (weight is on R)**

**&18: Bring L foot in (&) as you make  $\frac{1}{4}$  turn to R and cross R foot over L, bringing weight onto that crossed R foot (18)**

**19-20&: Step L foot out to L side (19) and start to bring R foot in to scuff the R foot through on (20) from back to front (keep weight on L) on bring R leg up to a side hitch on (&) as you finish the scuff, turning the ankle inward and the knee outward to the toe of the R foot points to the R.**

**21-22: On the follow through, make a big slide to the R with the R hitched leg (21), bring L foot next to R taking the weight onto it (22)**

**23: Point R toe back - it should be touching on the floor, weight in on the front, L leg**

**24: Make a  $\frac{1}{2}$  over your right shoulder using the toe to balance while pivoting/turning, keeping the weight on the L foot, which you will be doing the pivoting on. \*For styling you can give a little booty pop back using your left hip.**

**[25-32]: SHUFFLE FORWARD, STEP  $\frac{1}{2}$  TURN PIVOT DIP WITH HITCH, CROSS R BEHIND L, CROSS L BEHIND R, CROSS R BEHIND L AND  $\frac{3}{4}$  UNWIND.**

**25&26: Shuffle forward R-L-R**

**27-28: Step L forward and  $\frac{1}{2}$  turn over your R shoulder while setting weight back onto your L leg**

**29: Cross R foot behind L (keep this tight) - after you cross, step weight onto R leg**

**30: Cross L foot behind R (using same format as above)**

**31-32: Cross R foot behind L (31), Unwind for a  $\frac{3}{4}$  turn over R shoulder (32) \*weight should end on the right!**

**TAG: \*\*You will do the first 32 counts of the dance, add an 8 count tag on this pre-chorus only and proceed into the second 32 counts...**

**1&2: Scuff L foot through and step down on the left and quickly touch the R toe out to the R side. (\*Styling tip: as you scuff through add a hop before touching out to the side!)**

**3&4: Scuff R foot through and step down on the right foot and quickly touch the L toe out to the L side.**

**5-6: Walk L, Walk R (Styling - add some attitude!)**

**7: Step back on left**

**&8: Hop up on R on (&) and snap kick L leg on (8). (This is originally choreographed with a L front, snap kick. If you are not comfortable with this you can stomp your L foot on (7) and just kick your L foot forward on (8).)**

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