

# Lose My Cool

LINEDANCE.COM

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

**Choreographer:** Heather Barton (Scotland) March 2016

**Music:** Lose My Cool by Foxes. Album: All I Need (Deluxe)

**Choreographed for : LDF EDINBURGH - March 2016**

**Music available from iTunes & Amazon**

**#32 count intro**

**[1-8] ½ Monterey, Left Side Rock & Cross, Right Side Behind & Cross Side**

- 1, 2      Point Right to right, ½ turn over right shoulder
- 3&4      Rock Left out to left, recover onto Right, cross Left over Right
- 5, 6      Step Right to right, step Left behind Right
- &7,8      Step Right to right, cross Left over right, step Right to right

**[9-16] Rock Left Back, Shuffle ¼ Turn Left, ½ Turn Left, Step Back Right Left, Right Coaster**

- 1,2      Rock back Left, recover Right
- 3&4¼ turn left step Left forward, step Right next to Left, step Left forward**
- 5,6½ turn over left shoulder walking back Right, walk back Left**
- 7&8      Step back Right, step Left beside Right, step forward Right

**[17-24] Ball Walk R & L Fwd, ¼ Turn Left Ball Cross & Cross, ¼ Turn X2 Left, Walk Right Left**

- &1,2      Step Left beside Right (&) walk forward Right, walk forward Left
- &3&4¼ turn left step on Right (&) cross Left over Right, step Right to right side, cross Left over Right**
- 5,6¼ turn left step back Right, ¼ turn Left step left to left**
- 7,8walk forward Right, walk forward Left**

**[25-32] Cross Samba Right, Cross Samba Left, Jazz Box ¼ Cross**

**1&2** Cross Right over Left, side rock Left, recover Right

**3&4** cross Left over Right, side rock Right, recover left

**5,6** Cross rock Right over Left, step back Left

**7,8<sup>1/4</sup>** turn right step Right to right side, cross Left over Right

**Thanks Steve for helping with this dance, enjoy ☺**

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