

# Lose It

LINEDANCE.COM

**Count:** 32      **Wall:** 2      **Level:** High Beginner

**Choreographer:** Joy Morehead - June 2018

**Music:** Lose It by Kane Brown

**START after 16cts at lyrics**

**\*\*2 RESTARTS WALL 2 & 4**

**(2) Wizards, 3 Heel Switches, R hook**

1-2&, 3-4&R diagonal fwd step - L behind R - R diagonal fwd, L diagonal fwd step - R behind L - L diagonal fwd

5&6&7&8R heel out - R step nxt to L - L heel out - L step nxt to R - R heel out, R heel hook up "figure 4"

**\*\*\*RESTART #1 WALL 2**

**R Step, L Heel Grind w/ ¼ L turn, L Coaster, Out-Out, Swivels**

&, 1-2R step, L heel fwd "grind" weight on L ¼ turning to L - recover weight on R (9:00)

3&4, 5-6L back - R nxt to L - L fwd, R step out to R side - L step out to L side (feet apart)

7&8      Swivel heels inward - toes inward - heels inward

**\*\*\*RESTART #2 WALL 4 ( resets beginning of dance to 3:00 & 9:00 walls)**

**(2) ¼ L Paddle turns, 2 Cross-over Mambos**

1-2,3-4R fwd pushing hips ¼ L turn (6:00) - repeat (3:00)

5&6, 7&8R crosses over L - recover weight on L - R nxt to L, L crosses over R - recover weight on R - L nxt to R

**R Stomp-Body Roll, R Coaster, ¼ R pivot, Crossing Shuffle**

1-2, 3&4R fwd Stomp - Body Roll, R back - L nxt to R - R fwd

5-6, 7&8L fwd - ¼ R pivot turn weight onto R (6:00), L crossing over R - R behind L - L crossing over R

**Created 06/27/18 - Stepsheet by Annemarie Dunn**

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Source: LineDance.com — [https://www.linedance.com/index.php?f=dance\\_view&id=126481](https://www.linedance.com/index.php?f=dance_view&id=126481)