



Web site: www.linedancerweb.com

E-mail: admin@linedancerweb.com

Lose My Cool

32 Count, 4 Wall, Intermediate
Choreographer: Heather Barton (UK) Mar 2016
Choreographed to: Lose My Cool by Foxes.
Album: All I Need (Deluxe)

Choreographed for: LDF Edinburgh

32 count intro

- Section 1** **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
- Section 2** **Rock Left Back, Shuffle ¼ Turn Left, ½ Turn Left, Step Back Right Left, Right Coaster**
1,2 Rock back Left, recover Right
3&4 ¼ turn left step Left forward, step Right next to Left, step Left forward
5,6 ½ turn over left shoulder walking back Right, walk back Left
7&8 Step back Right, step Left beside Right, step forward Right
- Section 3** **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&4 ¼ turn left step on Right (&) cross Left over Right, step Right to right side, cross Left over Right
5,6 ¼ turn left step back Right, ¼ turn Left step left to left
7,8 Walk forward Right, walk forward Left
- Section 4** **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 ¼ turn right step Right to right side, cross Left over Right

Thanks Steve for helping with this dance, enjoy.