



## Lose It

40 Count, 2 Wall, Intermediate  
Choreographer: Caroline Dancer Cooper (UK) Dec 2018  
Choreographed to: Lose It by Kane Brown (3:01)

### **S1: BACK ROCK, SIDE ROCK CROSS, SIDE ROCK, BACK ROCK, SIDE ROCK, CROSS**

1-2 Rock back on R, recover on L  
3&4 Rock R to R side, recover on L, cross R over L  
5& Rock L to L side, recover R  
6& Rock L behind R, recover R  
7&8 Rock L to L side, recover R, cross L over R (12)

**RESTART HERE WALL 3 FACING 12**

### **S2: BACK LOCK STEP, BACK ROCK STEP, CHASSE RIGHT, BACK ROCK, ¼ TURN L**

1&2 Step back R, lock L across in front of R, step back R  
3&4 Rock back L, recover R, step forward L  
5&6 Step R to R side, close L next to R, step R to R side  
7&8 Rock L back behind R, (start preparing to turn ¼ turn L) recover R, step forward L (9)

**ADD TAG HERE WALL 6 (see below)**

### **S3: R & L LOCK FORWARD, ROCK FORWARD, RECOVER, TRIPLE ¾ TURN**

1&2 Step R forward, lock L behind, step forward R  
3&4 Step L forward, lock R behind, step L forward  
5-6 Rock forward R, recover L  
7&8 Triple ¾ turn over R shoulder RLR (6)

### **S4: TOE HEEL STOMP X 2, SWAY L & R, BEHIND SIDE CROSS**

1&2 Tap L toe forward, tap L heel forward, stomp L next to R  
3&4 Tap R toe forward, tap R heel forward, stomp R next to L  
5-6 Step L to L side, swaying hips L, recover R swaying hips R  
7&8 Cross L behind R, step R to R side, cross L over R (6)

**RESTART HERE WALL 4 FACING 6**

### **S5: SIDE BACK ROCK, SIDE BACK ROCK, FULL CIRCULAR WALK**

1-2& Step R to R side, back rock L behind R, recover R  
3-4& Step L to L side, back rock R behind L, recover L  
5-6 ¼ turn R stepping forward R, ¼ turn R stepping forward L  
7-8 ¼ turn R stepping forward R, ¼ turn R stepping forward L (6)

### **TAG STEP PIVOT ½ TURN, STEP PIVOT ½ TURN CIRCULAR ¾ WALK OVER LEFT TO 12 RLRL WALL 6**

1-2 Step forward R, ½ turn L  
3-4 Step forward R, ½ turn L  
(option for a rocking chair instead of pivot turns)  
5-6 ¼ turn L stepping forward R, ¼ turn L stepping forward L  
7-8 ¼ turn L stepping forward, step forward L (restart dance facing 12)