

Lose it

Choreographed by:
Guyton Mundy & Barry Durand
4 wall Phrased Line dance
Music: "Just Lose it" By Eminem

Dance sequence A, A, first 16 A, B, A, A, B, A, A, A, B, A, A

On the 3rd A pattern do the first 16 counts of the dance ending with your weight on left

A PATTERN 32 counts

1-8 Skate, rock/recover, cross, side step, toes in, heels in, head tilts

1-2 Skate forward right, skate forward left
3&4 rock right to right side, recover to left, cross right over left
5&6 step left to left side, bring toes in, bring heels in
7&8 tilt head to left, tilt head to right, bring head back to center

9-16 coaster, ¼ turn rock/recover, cross, side step, cross, switch touches

1&2 step back on left, step together with right, step forward to left
3&4 make a ¼ turn to left and rock right to right side, recover back on left, cross right over left
5&6 step left to left side, cross right over left, touch left to left side
&7&8 bring left to right, touch right to right side, bring right to left, touch left to left side

&17-24 switch touches with ¼ turn, cross, unwind ½ turn, side body rolls

&1&2 bring left to right, while making a ¼ turn to the left touch right to right side
bring right to left, touch left to left side
&3-4 bring left to right, cross right over left, unwind a ½ turn to the left
5-6 roll body to the right
7-8 roll body to the left

25-32 walks, arm pull with ¼ turn, shuffle

1-2-3-4 walk forward right, left, right left with arms forward, with alternating shoulder bumps
starting with the right shoulder down on count 1 and left shoulder down on &, and repeat until count 4
5 take left arm out in front and across body to the right
6 pull left arm to the left and make a ¼ turn pivot to the right
7&8 shuffle forward left, right, left

B PATTERN 32 counts

1-8 Pony steps with full turn

1&2 step in place right, left, right, with head tilted to the right, while making a ¼ turn to left
3&4 step in place left, right, left, with head tilted to the left, while making a ¼ turn to left
5&6 repeat counts 1&2
7&8 repeat counts 3&4

9-16 hitch step hitch in place, triple forward, ¼ turn paddle (X2)

1&2 step down on right while hitch left up, touch left down, hitch left up
3&4 step forward, left, right, left
5-6 step right forward while pivoting a ¼ turn to the left
7-8 step right forward while pivoting a ¼ turn to the left

17-24 side step, sailor, lock step, step with ¼ turn

1 step right to right side
2&3 step left behind right, step together with right, step forward on left while making ¼ turn to left
&4 lock right behind left, step forward on left
5-8 repeat counts 1-4

25-32 side step, sailor, lock step, step with ¼ turn

1 step right to right side
2&3 step left behind right, step together with right, step forward on left while making ¼ turn to left
&4 lock right behind left, step forward on left
5-8 repeat counts 1-4