

# Lose it

Guyton Mundy & Barry Durand

4 wall Phrased Line dance

Music: "Just Loose it" By Emenem

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

Continued -----

## **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  $\frac{1}{4}$  turn to left  
3&4 step in place left, right, left, with head tilted to the left, while making a  $\frac{1}{4}$  turn to left  
5&6 repeat counts 1&2  
7&8 repeat counts 3&4

### **9-16 hitch step hitch in place, triple forward, $\frac{1}{4}$ 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  $\frac{1}{4}$  turn to the left  
7-8 step right forward while pivoting a  $\frac{1}{4}$  turn to the left

### **17-24 side step, sailor, lock step, step with $\frac{1}{4}$ turn**

- 1 step right to right side  
2&3 step left behind right, step together with right, step forward on left making  $\frac{1}{4}$  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 $\frac{1}{4}$ turn**

- 1 step right to right side  
2&3 step left behind right, step together with right, step forward on left making  $\frac{1}{4}$  turn to left  
&4 lock right behind left, step forward on left  
5-8 repeat counts 1-4