

Losin' It

64 count, 4 wall, Beginner/Intermediate level
Choreographer : Gaye Teather (UK) June 2001
Choreographed to : Losin' Side of Me by Paul Bailey (158 bpm), By Request CD; Six Days on the Road by Sawyer Brown, Line Dance Fever 3 (162 bpm)

CHASSE RIGHT, ROCK STEP. CHASSE LEFT, ROCK STEP

- 1 & 2 Step right foot to right side. Close left beside right. Step right to right
3 – 4 Rock back on left foot, recover forward onto right
5 & 6 Step left foot to left side. Close right beside left. Step left to left
7 – 8 Rock back on right foot, recover forward onto left

WALK FORWARD RIGHT, LEFT. RIGHT SHUFFLE FORWARD. 1 / 2 TURN RIGHT.

LEFT SHUFFLE BACK. STEP BACK. TAP ACROSS

- 9 – 10 Walk forward on right foot. Walk forward on left foot
11 & 12 Step right foot forward, close left beside right, step right forward
13 & 14 Make 1 / 2 turn right stepping back on left. Close right beside left. Step back on left
15 – 16 Step back on right. Tap left toe across right foot

FORWARD, TAP. BACK, TAP. FULL ROLLING TURN LEFT

- 17 – 18 Step forward on left foot. Tap right toe behind left heel
19 – 20 Step back on right foot. Tap left toe across right foot
21 – 24 Step left foot 1 / 4 turn left. Make 1 / 2 turn left stepping back on right. Step left foot 1 / 4 turn left. Touch right beside left

Easier Option: Steps 21 – 24 can be replaced with a left grapevine

RIGHT SHIMMY. LEFT SHIMMY

- 25 – 28 Long step to right on right foot. Slide left foot beside right whilst shimmying shoulders
29 – 32 Long step to left on left foot. Slide right beside left whilst shimmying shoulders

RIGHT VINE, STOMP. RIGHT CHASSE, ROCK STEP. LEFT VINE. STOMP. LEFT CHASSE, ROCK STEP

- 33 – 36 Step right foot to right. Cross left behind right. Step right to right. Stomp left foot beside right taking weight onto left
37 & 38 Step right foot to right. Close left beside right. Step right to right
39 – 40 Rock back onto left foot. Recover forward onto right
41 – 44 Step left foot to left. Cross right behind left. Step left to left. Stomp right beside left, taking weight onto right
45 & 46 Step left foot to left. Close right beside left. Step left foot to left
47 – 48 Rock back onto right foot. Recover forward onto left

FORWARD RIGHT, 1 / 2 TURN LEFT, FORWARD RIGHT. HOLD & CLAP

FORWARD LEFT, 1 / 2 TURN RIGHT, FORWARD LEFT. HOLD & CLAP

- 49 – 52 Step forward on right. Make 1 / 2 turn left. Step forward on right. Hold and clap
53 – 56 Step forward on left. Make 1 / 2 turn right. Step forward on left. Hold & clap

HEEL STAND, BACK, TOGETHER. 1 / 4 MONTEREY TURN RIGHT

- 57 – 58 Step forward onto right heel. Step left heel beside right (weight evenly on both heels)
59 – 60 Step back on right foot. Close left beside right
61 – 64 Touch right toe to right side. On ball of left foot pivot 1 / 4 turn right stepping right beside left. Touch left to left side. Close left beside right
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