

# Lose My Cool

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**Count:** 32

**Wall:** 4

**Level:** Easy Intermediate

**Choreographer:** Heather Barton (SCO) - March 2016

**Music:** Lose My Cool - Foxes : (Album: All I Need - Deluxe)

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**Choreographed for :** LDF EDINBURGH – March 2016

**Music available from iTunes & Amazon**

## #32 count intro

### [1-8] 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

### [9-16] 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

### [17-24] 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

### [25-32] 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 🍷**

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