



Step-In-Time Line Dancing

HEREFORDSHIRE

Dance: **Try Losing One**
 Type: 40 Count, 4 Wall, Intermediate
 Choreographer: Karen Knight (UK), April 2022
 Choreographed to: Try Losing One by Tyler Braden (72 bpm, 3:38 min)

Intro: Start after count 8

Section 1	Nightclub, Side, Coaster Step, Step x 2, Forward Rock, Back	
1,2&	Step right large step to right side. Cross rock left behind right. Recover on right	Side, back rock
3,4&5	Step left to left side. Step right back. Step left beside right. Step right forward	Side, coaster step
6,7	Step left forward and sweep right. Step right forward and sweep left	Step, step
8&1	Rock forward on left. Recover on right. Step left back	Forward rock, back
Section 2	Sailor 1/4, (Cross Rock, Side) x 2, Run x 3	
2&3	Turn 1/4 right crossing right behind left (3:00). Step left to left side. Step right to right side	Sailor turn
4&5	Cross rock left over right. Recover on right. Step left to left side	Cross rock, side
6&7	Cross rock right over left. Recover on left. Step right to right side	Cross rock, side
8&1	Run forward stepping left, right, left	Run, run, run
Section 3	Cross, Back, Nightclub, 1/4 Turn, Full Triple Turn, Side	
2&	Cross right over left. Step left back	Cross, back
3,4&	Step right large step to right side. Cross rock left behind right. Recover on right	Side, back rock
5	Step left 1/4 turn left (12:00)	Turn
6&7 #**	Turn 1/2 left stepping right back. Turn 1/2 left stepping left forward. Step right forward	Full triple turn
8	Step left to left side	Side
Section 4	Back x 2, Side, Step x 2, Nightclub x 2, 1/4 Turn	
1&	Turn 1/8 right stepping right back (1:30). Step left back	Back, back
2	Turn 1/8 right stepping right to right side (3:00)	Side
&3	Turn 1/8 right stepping left forward (4:30). Step right forward	Step, step
4,5&	Step left large step to left side. Cross rock right behind left. Recover on left	Side, back rock
6	Turn 1/8 left stepping right large step to right side (3:00)	Side
7&8*	Cross rock left behind right. Recover on right. Step left 1/4 turn left (12:00)	Back rock, turn
	<i>Non-turning step 8: 1/4 Turn</i>	
8	<i>Turn 1/4 right stepping left back (6:00)</i>	<i>Turn</i>
Section 5	1/2 Turn, Behind, Side, Cross Rock, Vine Left, Behind Unwind 3/4, Step	
1	Turn 1/2 left stepping right back (6:00)	Turn
	<i>Non-turning step 1: Back</i>	
1	<i>Step right back</i>	<i>Back</i>
2&	Cross left behind right. Step right to right side	Behind, side
3,4	Cross rock left over right. Recover on right	Cross rock
&5&	Step left to left side. Cross right over left. Step left to left side	Side, cross, side
6-8	Cross right behind left. Unwind 3/4 turn right (3:00). Step left forward	Behind, unwind, step
	<i>Non-turning steps 6-8: Behind Unwind 1/4, Step</i>	
6-8	<i>Cross right behind left. Unwind 1/4 turn left (3:00). Step left forward</i>	<i>Behind, unwind, step</i>
Step Change	# Wall 5 (9:00) after 23 Counts (facing 9:00)	
8	Close Step left beside right	Close
Restart	* Wall 3 (6:00) after 32 Counts (restart facing 6:00) ** Wall 5 after Step Change	

Choreographers note: In Wall 5 (9:00) the music goes quieter, keep dancing at the same speed and the music will kick in again at the restart point.