

# Lose Some Sleep (Waltz)

**COPPER** KNOB  
STEPSHEETS

**Count:** 24

**Wall:** 4

**Level:** Beginner waltz

**Choreographer:** Glynn Rodgers (UK)

**Music:** Let's Lose Some Sleep Tonight - Aaron Watson



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## CROSS TWINKLES

- 1-3 Cross left over right, step right to right side, step left to place  
4-6 Cross right over left, step left to left side, step right to place

## BASIC FORWARD, BACK, POINT, HOLD

- 1-3 Step forward left, close right to left, close left to right  
4-6 Step back right, point left to left side, hold

## WEAVE, POINTS

- 1-3 Cross left over right, step right to right side, step left behind right  
4-6 Point right toe to right side, forward, right side

## JAZZ BOX TURN, ROCK, POINT

- 1-3 Cross right over left, step back left turning  $\frac{1}{4}$  right, step right to right side  
4-6 Rock forward left, recover weight onto right, point left to left side

## REPEAT

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