Losing Sleep

拍数: 32	墙数: 4	级数: Improver / Intermediate

编舞者: Sue Demitropoulos (CAN) - August 2016

音乐: Counting Stars - OneRepublic

Count in: 32 counts from start of music, on lyrics

[1-8] R fwd rock, R back step-lock-step, L back rock, L kick-ball-change

1-2	Rock right forward, recover weight to left
3&4	Step right back, lock left over right, step right back
5-6	Rock left back, recover weight to right
7&8	Kick left forward, step on left, step on right (12:00)

[9-16] L cross-point, R cross-point, L crossing shuffle, 1/2 hinge turn L

1-2	Cross left over right, point right to right side
3-4	Cross right over left, point left to left side
5&6	Cross left over right, step right to right side, cross left over right
7-8	1/4 turn left stepping right back, 1/4 turn left stepping left side (6:00)

RESTART on wall 11

[17-24] R touch fwd-back, 1/2 shuffle turn L, L back mambo, R fwd mambo

1-2	Touch right toes forward, touch right toes back
3&4	1/2 turn left stepping right back, left together, right back
5&6	Rock left back, recover to right, step left next to right
7&8	Rock right forward, recover to left, step right next to left (12:00)

[25-32] L touch back, 1/4 turn L, R jazz box, Heel touches R-L

1-2	Touch left toes back, 1/4 turn left stepping weight down
3-4-5-6	Cross right over left, step left back, step right to right side, step left next to right
7&8&	Touch right heel forward, step right next to left, touch left heel forward, step left next to right (9:00)

Begin Again

RESTART: On wall 11 (third time facing 6:00) the music slows down; finish the first 16 counts to the hinge turn (facing 12:00) and pause; Restart from the beginning when the music starts up again.

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