

Losing Sleep

COPPER KNOB
BY STEPHEN HETS

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Val O'Connor (UK) - January 2014
音乐: Losing Sleep - John Newman : (Single)



Intro: 16 Counts (Approx 10 Secs) Start On Vocals

Restart: After 32 Counts, 3rd Wall - Then Restart Dance From The Beginning

MANY THANKS TO GILLIAN SUTTON FOR THIS MUSIC SUGGESTION

JUMP BACK RL, R KNEE IN OUT, KICK R, R ROCK BACK, R KICK BALL CROSS

&1-2-3-4 Jump back R (&) jump back L (feet apart), turn R knee in towards L, turn R knee out towards R diagonal, kick R foot forward to R diagonal
5-6-7&8 Rock back on R recover on L, kick R forward, step down on R , cross L over R

SIDE R TOUCH L, 1/4 L TOUCH R, FORWARD R TOUCH L, & R HEEL & TOUCH L

1-2-3-4 Step R to R side touch L next to R, turn 1/4 L stepping L to L side touch R next to L (9)
5-6-&7&8 Step forward R touch L next to R(&) step back on L, dig R heel forward, (&) step back on R touch L next to R

CROSS R OVER L, TURN 1/4 R BACK L, 1/2 R SHUFFLE TURN, L FORWARD ROCK & CROSS R , POINT L

&1-2-3&4 (&) step down on L, cross step R over L, turn 1/4 R stepping back on L, 1/2 R shuffle turn RLR (6)
5-6-& 7-8 Rock forward on L recover onto R, (&) step back on L, cross R over L, point L to L side

1/4 L MONTEREY , 1/2 R MONTEREY, & 1/4 R JAZ BOX

1-2-3-4 Turn 1/4 L stepping L to L side point R to R side, turn 1/2 R stepping R to R side point L to L side (9)
&5-6-7-8 (&) Step down on L, cross R over L, step back on L, 1/4 R stepping R to R side, step forward on L (12)

(Restart wall 3)

FULL TURN L, STEP FORWARD R TURN 1/4 L, CROSS R, 1/4 R, 1/4 R SIDE CHASSE

1-2-3-4 Turn 1/2 L back on R, 1/2 L stepping forward on L, step forward R turn 1/4 L stepping L to L side (9)
5-6-7&8 Cross R over L, turn 1/4 R stepping back on L, turn 1/4 R stepping R to R side, (&) L next to R, step R to R side (3)

SIDE L HOLD & SIDE TOUCH, SIDE R HOLD & SIDE TOUCH (OPTION:SHIMMY SHOULDERS THRU THESE STEPS)

1-2&3-4 Step to Left side and hold, (&) step R next to L, step L to L side touch R next to L.
5-6&7-8 Step R to R side and hold, (&) step L next to R, step R to R side touch L next to R.

JUMP FORWARD LR HOLD, JUMP BACK LR, BUMP R, BUMP L (OPTION SHIMMY SHOULDERS THRU THESE STEPS)

&1-2&3-4 (&) Jump forward on L then R feet apart hold, (&) Jump back L then R feet apart hold.
5&6 7&8 Bump to the R (RLR), Bump to the L (LRL)

1/4 R JAZZ BOX CROSS, SIDE R DIP POINT L, SIDE L DIP POINT R

1-2-3-4 Cross R over L, step back on L, 1/4 R stepping R to R side, cross L over R. (6)
5-6-7-8 Step R to R side dipping down, stand up as point L to L diagonal, step L to L side dipping down, stand up point R to R diagonal.

END OF DANCE

Contact - EMAIL: valerieoconnor1@msn.com
