

Just Losing You

COPPER KNOB
BY SHEETS

拍數: 48 牆數: 2 級數: Intermediate WCS
編舞者: Sebastiaan Holtland (NL) - March 2015
音樂: I Heard It Through the Grapevine - The Overtones : (Album: Sweet Soul Music 2015)



#32 count intro. (Sequence: 48, 48, 48, 48, 32, Restart, 48, 48, 48, 48, ending).

Sec 1: [1-8] Walk R, Step & Back, Out, Head, Hand Brushes, Knee Roll R, Knee Roll ¼ L.

1-2 Walk Rt fwd, step Lt slightly fwd,
&3-4 Step Rt back, step Lt out to the left, Head facing (3:00).
5&6 Brush with your L hand over your R shoulder forwards 3 times.
7-8 Roll R knee to right, roll L knee to left with ¼ turn left. (9)

Sec 2: [9-16] Small Step Fwd, Pushing L Diagonal Back, Small Step Fwd, Pushing R Small Diagonal Back, Back, ¼ L, Side, Knee Pop In, Replace.

1-2 Step Rt slightly fwd, pushing your Lt diagonally back keeping your weight fwd on Rf and popping R knee fwd.
3-4 Step Lt slightly fwd, pushing your Rt small diagonally back keeping your weight fwd on Lt and popping L knee fwd.
5-6 Step Rt back, turn ¼ left (6) step Lt to the left.
7-8 Popping R knee in, turning R knee back in place.

Sec 3: [17-24] Rolling Hips, Side, Together, Step, Press, Recover Sweep L, ¼ L Anchor Step.

1-2 Dip both knees slightly and roll your hips from right to Left, coming up take weight onto Lt.
3&4 Step Rt to the right, step Lt next to Rt, step Rt slightly fwd.
5-6 Press Lt fwd, recover on Rt, turn ¼ left (3) sweep Lt from front to back.
7&8 Locked Lt behind Rt take weight onto Lt, recover on Rt, recover on Lt.

Sec 4: [25-32] Step, Point, Step, ¼ L, Sweep, Cross Rock, Recover, Side Rock, Recover.

1-2 Step Rt Fwd, point Lt out to left.
3-4 Step Lt fwd, turn ¼ left (12) sweep Rt from back to front.
5-6 Cross rock Rt fwd, recover on Lt.
7-8 Rock Rt to the right, recover on Lt (Note: With hip moves).

Resart here WALL 5 after 32 count (Facing 12 o`clock) after start again (Facing 12 o`clock).

Sec 5: [33-40] Dorothy Step R, Side Rock, Recover, ¼ L, Dorothy Step L, Side Rock, Recover.

1,2& Step Rt diagonal forward, lock Lf behind Rt, step Rt diagonal forward.
3-4 Rock Lt to the left, recover on Rt.
5,6& Turn ¼ left (9) step Lt diagonal forward, lock Rf behind Lt, step Lf diagonal forward.
7-8 Rock Rt to the right, recover on Lt.

Sec 6: [41-48] Push, Recover, ½ Flick Turn to R, Point, Syncopated Hip Pushes Fwd, ¼ R, Side, Together.

1-2 Push step Rt fwd slightly diagonal, recover on Lt.
3-4 Flicking Rt back and turn ½ right (3), point Rt slightly fwd.
5&6 Hip push fwd, center, Hip push fwd.
&7-8 Center, turn ¼ right (6) step Rt to the right, step Lt next to Rt.

Start Again and have fun! Contact: smoothdancer79@hotmail.com