

Lose Yourself to Dance

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Arun Gautam (CAN) - March 2025
音樂: Lose Yourself to Dance (Drumless Edition) (feat. Pharrell Williams) - Daft Punk & Pharrell Williams



[1-8] 2X - HEEL GRIND 1/4 TURN, COASTER STEP

- 1-2 Step R heel forward, toe pointing L, Grind R heel into floor, fanning toes to right and taking weight, Recover back on L making a 1/4 turn over R shoulder (3:00)
- 3&4 Step right back, Step left next to right, Step right forward
- 5-6 Step L heel forward, toe pointing R, Grind L heel into floor, fanning toes to left and taking weight, Recover back on R making a 1/4 turn over L shoulder (12:00)
- 7&8 Step left back, Step right next to left, Step left forward

[9-16] RIGHT SAILOR, LEFT SAILOR, STEP RIGHT, QUARTER TURN LEFT, STOMP, STOMP

- 1&2 Cross right behind left, step left to side, step right to side
- 3&4 Cross left behind right, step right to side, step left to side
- 5-6 Step Right foot forward, Pivot 1/4 turn over your left shoulder (9:00)
- 7-8 Stomp Right foot, Stomp Left foot

[17-24] RIGHT TRIPLE STEP, LEFT TRIPLE STEP, ROCK STEP, RIGHT DIAGONAL SHUFFLE BACK

- 1&2 Step right forward, step left together, step right forward
- 3&4 Step left forward, step right together, step left forward
- 5-6 Rock right forward, recover step right diagonally back
- 7-8 Step left together, step right diagonally back

[25-32] COASTER STEP, STOMP, STOMP, JAZZ BOX

- 1&2 Step left back, step right together, step left forward
- 3-4 Stomp right foot, Stomp left foot
- 5-6 Cross right over left, step back left
- 7-8 Step right to right side, step left together to right

Last Update: 28 Apr 2025