

Lost My Breath

COPPER KNOB
STEPPSHEETS

Count: 32

Wand: 4

Ebene: Easy Intermediate

Choreograf/in: Kim Liebsch (DK) - November 2015

Musik: Poetic - Seinabo Sey



Intro: 16 counts after 1st beat(appr. 13 seconds) Start with weight on L foot

Restarts: On wall 2 after 16 counts *(12:00)

Tag: After wall 4 repeat counts 17-32(section 3 & 4) then start again

Ending: Sweep R to face 12:00

#1 section: □Rock recover, sailor ¼ turn, rock recover, back lock back together (ball) □

1-2 Rock fw. on R, recover on L □ 12:00

3&4 Make ¼ turn R while sweeping R behind L, step L to L side, step R to R side □ 3:00

5-6 Rock fw. on L, recover on R □ 3:00

7&8& Step back on L, lock R in front of L, step Back on L, step R next to L □ 3:00

#2 section: □Step ¼ turn, cross shuffle, ¼ turn recover, step lock step step □

1-2 Step fw. on L, make ¼ turn R stepping R to R side □ 6:00

3&4 Cross L over R, step R to R side, cross L over R □ 6:00

5-6 Make ¼ turn L stepping R to R side, recover on L □ 3:00

7&8& Step fw. on R, lock L behind R, step fw. on R, step fw. on L □ 3:00

#3 section: □Step ¼ turn, cross shuffle, side rock, behind side cross side □

1-2 Step fw. on R, make ¼ turn L stepping L to L side □ 12:00

3&4 Cross R over L, step L to L side, cross R over L □ 12:00

5-6 Rock L to L side, recover on R □ 12:00

7&8& Cross L behind R, step R to R side, cross L over R, step R to R side □ 12:00

#4 section: □Cross side, sailor step, behind ¼ turn, 2 X step ½ turn □

1-2 Cross, L over R, step R to R side □ 12:00

3&4 Cross L behind R, step R to R side, step L to L side □ 12:00

5-6 Cross R behind L, make ¼ turn L stepping fw. on L □ 9:00

7&8& Step fw. on R, make ½ turn L stepping fw. on L, step fw. on R, make ½ turn L stepping fw. on L □ 9:00

Good Luck & N'joy!