

Lose You

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Intermediate Rolling Count
编舞者: Travis Taylor (AUS) - April 2015
音乐: Like I'm Gonna Lose You (feat. John Legend) - Meghan Trainor : (Album: Title - iTunes)



INTRO: See Note Below*

S1: BACK ROCK & BACK ROCK, 1/8R, BEHIND SWEEP, BEHIND & PRISSY WALK, WALK

1-2& Rock R back towards 1:30, Replace wt on L, 1/2L step R back towards 7:30
3-4& Rock L back, Replace wt on R, 1/8R step L to L towards 9:00
5-6& Step R behind L whilst Sweeping L around, Step L behind R, Step R to R
7-8 Step L FWD slightly crossed over R, Step R FWD slightly crossed over L

S2: FWD ROCK, 1/2L, FWD ROCK, 1/4R, CROSS, SIDE ROCK, CROSS, 1/4R

1-2& Rock L FWD, Replace wt on R, 1/2L step L FWD (3:00)
3-4& Rock R FWD, Replace wt on L, 1/4R step R to R (6:00)
5-6-7 Cross L over R, Rock R to R, Replace wt on L
8& Cross R over L, 1/4R step L back (Continue into a 1/4R for Count 1) (9:00)

***START DANCE HERE: FACING 12:00: STEP R TO R SIDE SWAYING HIPS**

S3: 1/4R SWAY R- L, TRIPLE FULL TURN R, CROSS ROCK & CROSS, SIDE, BEHIND, SIDE

1-2 1/4R step R to R sway hips to R, Replace wt on L sway hips to L (12:00)
3&4 1/4R step R FWD, 1/2R step L back, 1/4R step R to R (12:00)
5-6 Cross Rock L over R, Replace wt on R
&7&8 Step L to L, Cross R over L, Step L to L, Step R behind L
& Step L to L facing towards 10:30

S4: FWD ROCK & BACK ROCK, 1/4R, BEHIND, 1/8R, CROSS, 1/8R, BEHIND, 1/8R, CROSS, 1/8R (SEMI - CIRCLE WEAVE)

1-2& Rock R FWD, Replace wt on L, Step/Switch R next to L (10:30)
3-4 Rock L back, Replace wt on R (Getting ready to Step 1/4R towards 1:30)
&5&6 1/4R step L to L (1:30), Step R behind L, 1/8R step L to L, Cross R over L (3:00)
&7&8 1/8R step L to L (4:30), Step R behind L, 1/8R step L to L, Cross R over L (6:00)
& 1/8R step L to L towards 7:30 to start again on Count 1

NOTE: The weave is meant to be travelling in a semi-circle

Note: You will begin the dance on the 16th Count (Sway-Sway) after 16 Counts from the start of the song - This is just so you don't have to rush to start the dance

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