

I Can Lose My Heart Tonight

COPPER **KNOB**
BY STEPHEN

拍数: 64 墙数: 4 级数: Phrased Improver
编舞者: Amy Yang (TW) - June 2017
音乐: I Can Lose My Heart Tonight by (Discoteka 80 Moscow) C.C. Catch



Intro : 32 counts - Sequence of dance : B A A A(16) B / A A A A A A(16)

PART A – 32 counts

Sec . A1 CROSS, POINT(R&L), JAZZ BOX

1 – 4 Cross RF over LF, Point LF to L, Cross LF over RF, Point RF to R
5 – 8 Cross RF over LF, Step LF back, Step RF to R, Cross LF over RF

Sec. A2 SIDE, RECOVER, CROSS SHUFFLE, SIDE, BEHIND, 1/4 TURN L FORWARD, BRUSH

1-2,3&4 Step RF to R, Recover onto LF, Cross RF over LF, Step LF to L, Cross RF over LF
5 – 8 Step LF to L, Cross RF behind LF, 1/4 turn L step LF forward, Brush RF forward(09:00)

Sec . A3 TOE STRUT AND HIP BUMP(R&L), FORWARD, RECOVER, COASTER

1 - 4 Touch RF toe forward with hip bump, Step RF heel down, Touch LF toe forward with hip bump, Step LF heel down
5-6,7&8 Step RF forward, Recover onto LF, Step RF back, Step LF beside RF, Step RF forward

Sec. A4 FORWARD, RECOVER, 1/2 TURN L FORWARD SHUFFLE, SWAY

1-2,3&4 Step LF forward, Recover onto RF, 1/2 turn L step LF forward, Lock RF behind LF, Step LF forward(03:00)
5 - 8 Step RF to R then sway hip R、 L、 R、 L

PART B – 32 counts

Sec . B1 SIDE MAMBO(R&L), MAMBO(FORWARD&BACK)

1&2,3&4 Step RF to R, Recover onto LF, Step RF beside LF, Step LF to L, Recover onto RF, Step LF beside RF
5&6,7&8 Step RF forward, Recover onto LF, Step RF back, Step LF back, Recover onto RF, Step LF forward

Sec. B2 WALK FORWARD(R, L, R), TOUCH, WALK BACK(L, R, L), TOUCH

1 - 4 Walk forward R, L, R, Touch LF forward
5 - 8 Walk back L, R, L, Touch RF back

Sec . B3 SIDE, TOUCH(R&L), ROLLING VINE, TOUCH

1 - 4 Step RF to R, Touch LF behind RF, Step LF to L, Touch RF behind LF
5 - 8 1/4 turn R stepping forward on RF, 1/2 turn R stepping back on LF, 1/4 turn R stepping RF to R, Touch LF to L(12:00)

Sec . B4 SIDE, TOUCH(L&R), ROLLING VINE, TOUCH

1 - 4 Step LF to L, Touch RF behind LF, Step RF to R, Touch LF behind RF
5 - 8 1/4 turn L stepping forward on LF, 1/2 turn L stepping back on RF, 1/4 turn L stepping LF to L, Touch RF to R(12:00)

Start again

Ending : During wall 12, after 16 counts. Pivot 1/2 turn L to face the front(facing 12:00)

Have Fun & Happy Dancing!

Contact : Amy Yang: yang43999@gmail.com

