

Losing Sleep

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 2 级数: Improver / Intermediate
编舞者: Peter Davenport (ES) - October 2017
音乐: Losing Sleep - Chris Young



#12 Count intro, Start on Vocals, (Light a candle) Approx 8 seconds

S1: Step L.R. Pivot 1/2 L, Shuffle 1/2, Rock Replace, Side Rock Cross

1.2.3 Step forward L, Step forward R, Pivot 1/2 L 6
4&5 Shuffle 1/2 L, R.L.R - 12

*Wall 3 Change of step

6.7 Rock back on L, Recover on R 12
8&1 Rock L out to L, Recover on R, Cross L over R 12

S2: 1/4 L Step back, 1/4 L Step, Mambo 1/2 R, Rock Replace, Cross Back Side Cross

2.3 1/4 L step back on R, 1/4 L step forward on L 6
4&5 Mambo 1/2 R, 12
6.7 Rock forward on L, Recover on R 12
&8&1 Cross L over R (&) Step R back (8) Step L to L (&) Cross R over L (1) 12

S3: Side Behind, Side Rock Cross, 1/4 R Step on R, Step L, Step 3/4 Step L

2.3 Step L to L, Cross R behind L 12
4&5 Rock L out to L, Recover on R, Cross L over R 12
6.7 1/4 R step forward on R, Step forward L 3
8&1 Step on R (8) 3/4 turn L (&), Step R to R, (1) 6

S4: Behind Point, Cross Shuffle, Rock Replace, Behind Side Step

2.3 Cross L behind R, Point R out to R 6
4&5 Cross shuffle R.L.R 6
6.7 Rock L out to L, Recover on R 6
8&1 Cross L behind R, Step R to R, Step forward L 6

S5: Prissy Walk, Cross Back Side, Cross Rock, Shuffle 1/4 L

2.3 Prissy walk forward R.L 6
4&5 Cross R over L, Step back on L, Step R to R 6
6.7 Cross rock L over R, Recover on L 6
8&1 Shuffle 1/4 L turning L.R.L 3

S6: Walk 1/4 Turn L, Shuffle 1/4 L, Step Cross, Side Together Forward

2.3 Start to walk round crossing R over L, Step Forward on L making 1/4 L 12
4&5 Continue 1/4 L crossing R over L, shuffling R.L.R 3
6.7 1/4 L step forward on L, Cross R over L 6
8& Step L to L, Bring R to L (Restart to dance from count 1) step forward L 6
(Basically, counts 2-7 you are making a 3/4 L turn)

*Wall 3 Change of step and Restart

Section 1: 1. Step forward L, 2. Step forward R, 3. Pivot 1/2 L, 4. Step forward R
Start the dance from count 1.

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