

Lose It All

COPPERKNOB
STEPSHEETS

拍数: 72
编舞者: Jhon Batin (INA) - October 2022
音乐: Lose It All - Sam Tompkins

级数: Phrased Intermediate



** Start dance on Vocal (start on the word "me..")

** No Tag, No Restart

** Sequences : AA - BC - ABC - A12c - C

Part A (16 count)

Sec 1 : Forward, Rock Forward, Sweep Back, Side Rock, Cross Behind, Side, 1/4 Left, Forward Full Turn, Forward 4x, Together, In Place

&1-2 Step L forward, step R forward, recover on L
3&a Sweep R back cross behind L, step L to left side, recover on R
4&a Cross L behind R, step R to right side, turn 1/4 left step L forward (09:00)
5 Step R forward while making full turn to left side
6&7 Step L forward, step R forward, step L forward
&8& Step R forward, step L together R, step R in place

Sec 2 : Back, Sweep R, Cross Behind, 1/4 Left, Forward, 1/2 Left Hitch R, Forward, Sweep L, Weave Right, Cross Over, Touch, Side Rock Bend Knee, 1/4 Left, Pivot 1/4, Forward

1a2 Step L back sweeping R from front to back, cross R behind L, turn 1/4 left (06:00) step L forward while making 1/2 turn left with hitch R (12:00)
3-4&a Step R forward sweeping L from back to front, cross L over R, step R to right side, cross L behind R
5&a Step R to right side, cross L over R, touch R beside L
6-7 Big step R to right side bend R knee down (keeping weight on R), recover on L while making 1/4 turn left (09:00)
8&a Step R forward, turn 1/4 left recover on L (06:00), step R forward

Part B (16 count)

Sec 1 : Lock Shuffle Backward L-R, Side, Together, Cross Over, Sweep R, Cross Over, Side Rock, Big Step, Drag, Touch

1&2 Step L backward, step R lock back, step L back
3&4 Step R backward, step L lock back, step R back
5&6 Step L to left side, close R together L, cross L over R sweeping R from back to front
7&8 Cross R over L, step L to left side, recover on R
&a Big step L to left side drag R toward L, touch R beside L

Sec 2 : Diagonal Cross, Together, In place, 1/8 Left Cross Over, Sweep R, Forward, Rock Forward, Backward, Together

1&a Diagonal right (01.30) cross R over L, close L together R, step R in place
2&a Diagonal left (10.30) cross L over R, close R together L, step L in place
3&4 Diagonal right (01.30) cross R over L, close L together R, step R in place
5-6 Turn 1/8 left (12:00) cross L over R sweeping R from back to front, step R forward
7&8 Step L forward, recover on R, step L backward
&a Step R backward, close L together R

Part C (40 count)

Sec 1 : Forward, Sweep L, Side, Cross Behind, Sweep R, 1/4 Left, Spiral 3/4 Left, Side Rock, Side Drag, Cross Rock Behind

1-2& Step R forward, sweep L cross over R, step R to right side
3-4& Cross L behind R, sweep R cross behind L, turn 1/4 left step L forward (09:00)

5-6& Step R forward while making 3/4 spiral turn left (12:00), step L to left side, recover on R
7-8& Step L to left side drag R towards L, cross R behind L, recover on L

Sec 2 : Big Step, Drag, Cross Over, Side, 1/4 Left, Forward 2x, Cross Rock Behind, Spiral 3/4 Right, Forward 3x

1-2& Big step R to right side drag L towards R, cross L over R, step R to right side
3-4& Turn 1/4 left (09:00) big step L to left side drag R towards L, R forward, L forward
5-6& Turn 1/4 left (06:00) big step R to right side drag L towards R, cross L behind R, recover on R
7 Step L backward while making 3/4 spiral turn right (03:00)
8&a Step R forward, L forward, R forward

Sec 3 : Rock Forward, Together, Rock Forward, Backward 3x, 1/4 Left, Cross Over, Side Rock, Cross Over, Big Step, Drag, Cross Behind

1&2 Step L forward, recover on R, close L together R
3-4 Step R forward, recover on L
&a5 Step R backward cross over L, step L backward, step R backward over L
&6 Turn 1/4 left step L to left side (12:00), cross R over L
&7& Step L to left side, recover on R, cross L over R
8& Big step R to right side drag L towards R, cross L behind R

Sec 4 : Forward, Side, Cross Behind, 1/4 Left, Forward, Pivot 1/4, Cross Over, Together, 3/8 Right, Sweep, Forward 3x, Rock Forward, Together

1& Step R forward, step L to left side
2& Cross R behind L, turn 1/4 left step L forward (09:00)
3& Step R forward, turn 1/4 left recover on L (06:00)
4& Cross R over L, close L together R
5 Step R forward turn 3/8 right sweeping L round from back to front (10:30)
6&7 Step L forward, R forward, L forward
&8& Step R forward, recover on L, close R together L

Sec 5 : Forward, Sweep R, Sweep L, Pivot 1/2, Forward 3x, 1/8 Right, Side Rock

1-2-3 Step L forward, sweep R forward, sweep L forward
4& Step R forward, turn 1/2 left recover on L (04:30)
5-6-7 Step R forward, L forward, R forward
8& Turn 1/8 right (06:00) step L to left side, recover on R

Enjoy the dance ... !

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