

Lose You Now

COPPER KNOB
STEPSHEETS

拍数: 96 墙数: 2 级数: Phrased Intermediate
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音乐: Lose You Now - Lindsey Stirling & Mako



Intro: 16 counts

Sequence: ABC ABC B(16)

PART A (32 ct/ 16x2)

[1-8]: WALK R, L, STEP, TAP, SWEEP, WEAVE, SWAYS

1, 2 Walk fwd R (1) L (2)
3& 4 Step R (3), tap L toe behind (&) step L behind and sweep R around to back (4)
5& 6 Step R behind L (5) step L to L (&) cross R over L (6)
7, 8 Step L & sway (7) sway R (8) - transfer weight to R on second sway

[9-16]: REVERSE TWINKLES L&R, STEP & HITCH, ½ CHASE TURN R, FULL TURN L

1 & 2 step L behind R (1) rock R to R (&) recover on L (2)
& 3 & step R behind L (&) rock L to L (3) recover on R (&)
4, 5 step L behind R, hitch R (4) step R to 2 o'clock (5)
6 & 7 L pivot 1/2 to 7 o'clock (6&) Step L as a prep (7)
8& Roll over L shoulder - step R ½ (8) step L ⅝ (&) end at 6 o'clock

[17-32]: REPEAT facing 6 o'clock – ends at 12 o'clock

PART B (32 ct)

[33-40]: NIGHT CLUB BASIC R, WEAVE w/ ¼ L, STEP, ROCK, RECOVER, OUT, OUT

1, 2 & R to R (1) L behind R (2) recover onto R (&)
3, 4 & L drag to L (3), R step behind (4), L step to L, ¼ turn to 9 o'clock
5, 6 Walk fwd R (5) fwd L (6)
7 & rock fwd R (7) recover back on the L (&)
8 & step out R (8) step out L (&) - weight ends centered. Hands/Styling: Reach R hand while stepping out R (8); reach R hand up and across to the L with R hand while stepping out L - look up at hand as you reach

[41-48]: STEP R, DRAG TO R/TOUCH L BEHIND, STEP ¼ L, ¼ ROCK, RECOVER, CROSS

1, 2 step R in place (1) drag L and touch behind R (2) hands/styling: float right hand down across from left down to right hip - watch the hand as it floats
3, 4 & 5 step L ¼ turn to 6 o'clock (3), rock ¼ turn R to 3 o'clock (4) recover L (&) cross R over L (5)
6 & 7 rock L to L (6) recover on the R (&) cross L over R (7)
8 & Rock R to R (8) Recover on the L (&) End at 3 o'clock

[49-56]: WEAVE w/ ¼ L, STEP, PIVOT ½, LOCK STEP, SCUFF, ROCKING CHAIR, ¼ ROCK, RECOVER

1 & 2 & Cross R over L (1) step L to L (&) Cross R behind L (2) Step fwd L making 1/4 turn left(&)
3 & Step forward on R(3), Pivot ½ left to face 6 o'clock(&)
4 & 5 step fwd R (4) lock L behind (&) step fwd R (5)
& Scuff L heel fwd. Styling: rise up on the ball of the right foot to fall forward on 6
6 & 7 & Rock forward on L(6), Recover on R(&), Rock back on L(7), Recover on R(&)
8 & Making a ¼ R – rock L to side (8) Recover on R (&) End at 9 o'clock

[57-64]: CROSS L, HOLD, STEP SWAY R & L, CROSS R BEHIND L, HOLD, ¼ STEP w/SWEEP, STEP w/ SWEEP

1, 2 cross L over R (1) hold (2) Styling: Sink down / look down (2)
3, 4 step R to R with a sway (3) sway L taking weight (4)

- 5, 6 cross R behind L - weight on L (5) hold (6)
7, 8 Step fwd on R $\frac{1}{4}$ right while sweeping L forward (7), Step fwd on L – sweep R fwd(8)

PART C (32 ct/ 16x2)

[65-72] CROSS R OVER L, COLLECT, STEP, TOE DIG/ KNEE SWIVEL, SKATE R w $\frac{1}{4}$, $\frac{1}{2}$ CHASE L, FULL TURN

- 1 & 2 Cross R over L(1) collect together to face 1 o'clock L,R (&2)
3, 4& Step fwd L (3), toe dig R & Swivel R knee in (&), swivel R knee out (4) [5] Skate R to R with a $\frac{1}{4}$ turn to 3 o'clock (5) Styling: lift the left leg behind while skating
6& 7 step L fwd (6) pivot $\frac{1}{2}$ to 9 o'clock (&) chase L fwd (7)
8& roll a full turn over the L - step $\frac{1}{2}$ turn on the R (8) step with a $\frac{1}{2}$ turn on the L (&) - End at 9 o'clock

[73-80]: $\frac{1}{4}$ R ROCK RECOVER CROSS, STEP L, CROSS L BEHIND, UNWIND $\frac{1}{2}$ R, L ROCK, RECOVER CROSS, STEP R & CROSS R BEHIND, UNWIND $\frac{1}{2}$ L

- 1& 2 rock R for a $\frac{1}{4}$ turn to 6 o'clock (1) recover L (&) cross R over L (2)
&3, 4 step L to L (&) cross R behind L (3) $\frac{1}{2}$ turn unwind over the right 12 o'clock(4)
5& 6 rock out L (5) recover R (&) cross L over R (6)
&7, 8 step R to R (&) cross L behind R (7) $\frac{1}{2}$ turn unwind over the right to 6 o'clock (8)

REPEAT facing 6 o'clock for counts [81-96]. End Part C facing 12 o'clock
