

# Losing Your Sanity

COPPER KNOB  
STEPSHEETS

拍数: 64      墙数: 2      级数: Intermediate  
编舞者: Rep Ghazali (SCO) - November 2012  
音乐: Tonight - Kate Alexa



16 count intro - Start on vocals.

## Section 1: Step, 1/2 Turn, Back Rock, Forward Shuffle, Step, 1/2 Turn

1 – 2      Step left forward. Keeping weight on left turn 1/2 right on left. (6:00)  
3 – 4      Rock back on right. Recover onto left.  
5 & 6      Step right forward. Close left beside right. Step right forward.  
7 – 8      Step left forward. Turn 1/2 left stepping back on right. (12:00)

## Section 2: Back Rock, Side Rock, Back, Kick, Coaster step

1 – 4      Rock back on left. Recover onto right. Rock left to left side. Recover onto right.  
5 – 6      Step left back. Kick right forward.  
7 & 8      Step right back. Step left beside right. Step right forward.

**Restart 1: Wall 3: Start dance again from the beginning (facing front wall)**

## Section 3: Jazz Box Cross, 1/4 Turn, 1/2 Turn, Step, Pivot 1/4

1 – 4      Cross left over right. Step right back. Step left to left side. Cross right over left.  
5 – 6      Turn 1/4 right stepping left back. Turn 1/2 right stepping right forward. (9:00)  
7 – 8      Step left forward. Pivot 1/4 turn right. (12:00)

## Section 4: Cross, 1/4 Turn, Back Shuffle, Back Rock, Full Turn

1 – 2      Cross left over right. Turn 1/4 left stepping right back. (9:00)  
3 & 4      Step left back. Close right beside left. Step left back.  
5 – 6      Rock back on right. Recover onto left. Back Rock On the spot  
7 – 8      Turn 1/2 left stepping right back. Turn 1/2 left stepping left forward. (9:00)

**Option Counts 7-8: Walk forward right. Walk forward left.**

## Section 5: Step, Pivot 1/4, Step, Kick, Back, Touch, Forward Shuffle

1 – 2      Step right forward. Pivot 1/4 turn left. (6:00)  
3 – 4      Step right forward on left diagonal. Kick left forward. (4:30)  
5 – 6      Step left back. Touch right toe back. (4:30)  
7 & 8      Step right forward. Close left beside right. Step right forward. (4:30)

## Section 6: Cross, Back, Side, Touch, Rolling 1&1/4 Turn

1 – 2      Cross left over right. Step right back, squaring up to 3 o'clock wall. (3:00)  
3 – 4      Step left to left side. Touch right beside left.  
5 – 6      Turn 1/4 right stepping right forward. Turn 1/2 right stepping left back. (12:00)  
7 – 8      Turn 1/2 right stepping right forward. Step left forward. (6:00)

**Option Counts 5-8: Step right to side. Step left behind. Step right forward 1/4 turn. Step left forward.**

**Restart 2: Wall 6: Dance to count 7. Hold on count 8 then restart dance (facing back wall).**

## Section 7: Forward Toe Strut x 2, Step Pivot 1/2 x 2

1 – 2      Step right toe forward. Drop right heel taking weight.  
3 – 4      Step left toe forward. Drop left heel taking weight.  
5 – 8      Step right forward. Pivot 1/2 turn left. Step right forward. Pivot 1/2 turn left. (6:00)

## Section 8: Modified Monterey 1/2 Turn, 1/4 Kick Turn, Cross, Back, 1/4 Turn, Step

1 – 2      Point right to right side. Turn 1/2 right stepping right beside left. (12:00)  
3 – 4      Point left to left side. Turn 1/4 left kicking left forward. (9:00)

5 – 6            Cross left over right. Step right back.

7 – 8            Turn 1/4 left stepping left forward. Step right forward. (6:00)

**Restarts: Two Restarts, one during Wall 3 and one during Wall 6**

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