

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
