

Losing My Head

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Esmeralda van de Pol (NL) - December 2013
音乐: Losing My Head - Jason Chen



Intro : 16 counts

FWD STEP, CROSS, STEP BACK, STEP BACK, CROSS, 3/4 TURN R, 1/4 TURN R BASIC NC, VINE

1-2& Step fwd on RF and sweep LF from back to front, Cross LF over RF, Step RF slightly back
3&4& Step LF slightly back, Cross RF over LF, 1/4 Turn R-stepping LF back, 1/2 Turn R-stepping RF fwd
5-6& 1/4 turn R-stepping LF to L side, Step RF behind L heel, Cross LF over RF
7&8& Step RF to R side, Step LF behind RF, Step RF to R side, Cross LF over RF

BASIC NC R, SIDE, BEHIND, SIDE, 1/4 TURN L ROCK & CROSS, STEP BACK-DRAG & STEP FWD

1-2& Step RF to R side, Step LF behind R heel, Cross RF over LF
3-4& Step LF to L side, Step RF behind LF, Step LF to L side
5&6 1/4 turn L-rock RF to R side, Recover on LF, Cross RF over LF
7-8& Step LF back and drag RF next to LF, Step RF next to LF, Step LF fwd

FWD ROCK, 1/2 TURN R ROCK, BACK ROCK, FULL TURN L, FWD ROCK, 1/4 TURN R, CROSS , SIDE, ROCK BACK

1-2 Rock RF fwd, Recover on L
&3&4 1/2 turn R-rock RF fwd, Recover on LF, Rock RF back, Recover on LF
&5 1/2 turn L-stepping RF back, 1/2 turn L-stepping LF fwd
6&7 Rock fwd on RF, Recover on LF, 1/4 turn R-stepping RF to R side
&8& Cross LF over RF, Step RF to R side, Rock back on LF

RECOVER, 1/2 TURN R CROSS SHUFFLE BACK, 1/2 TURN R ROCK FWD, STEP BACK, COASTER STEP, WALK FWD X2

1-2&3 Recover on R, 1/4 turn R-stepping LF to L side, Cross RF over LF, 1/4 turn R-stepping LF back
4&5 1/2 turn R-rock RF Fwd, Recover on LF, Step RF back
6&7 Step LF back, Step RF next to LF, Step LF fwd
8& Step RF fwd, Step LF fwd

TAG : at the end of the 2nd wall. 4 counts

1-4 HIP SWAYS, Right, Left, Right, Left

Have fun !!!

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