

Lose A Little Sleep

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Séverine Fillion (FR) - January 2015
音樂: Lose a Little Sleep - Big & Rich : (Album: Gravity)



Intro : 32 counts

[1-8] TOE HEEL STOMP (RIGHT & LEFT), STEP FWD, TOUCH, BACK, KICK, COASTER STEP

1&2 Touch right toe next to left (knee IN), touch right heel fwd, Stomp right fwd
3&4 Touch left toe next to right (knee IN), touch left heel fwd, Stomp left fwd
5& Right step fwd, touch left toe just behind right
6& Recover on left back, Kick right fwd
7&8 Right step back, left next to right, right step fwd

[9-16] TRIPLE STEP FWD, STEP ½ TURN STEP, PADDLE FULLTURN RIGHT

1&2 Triple step left – right – left fwd
3&4 Right step fwd, Turn ½ tour left, right step fwd 6:00
&5 Hitch left knee, Turn ¼ right on right foot and touch left toe to left side
&6 Hitch left knee, Turn ¼ right on right foot and touch left toe to left side
&7 Hitch left knee, Turn ¼ right on right foot and touch left toe to left side
&8 Hitch left knee, Turn ¼ right on right foot and touch left toe to left side 6:00

[17-24] VAUDEVILLE, CROSS, SIDE, SAILOR STEP ¼ TURN LEFT

1&2 Left cross over right, right to right, touch left heel diagonally left fwd
& Recover on left
3&4 Right cross over left, left to left, touch right heel diagonally right fwd
& Recover on right
5-6 Left cross over right, right to right
7&8 Left cross behind right, Turn ¼ left stepping right to right, left step fwd 3:00

**** Restart here on wall 3**

[25-32] TRIPLE STEP FWD, STEP ½ TURN STEP, SKATE X 4

1&2 Triple step right – left – right fwd
3&4 Left step fwd, Turn ½ right, left step fwd 9:00
5-8 Skates travelling fwd in diagonals : Right – left – right – left

Start again and enjoy!

RESTART : After 24 counts on wall 3 (at 9:00)

TAG : At the end of wall 6 (at 12:00), add 4 counts : STEP ½ TURN LEFT X 2

1-4 Right step fwd, Turn ½ left, right step fwd, Turn ½ left.