

# Lose A Little Sleep

COPPERKNOB  
STEPSHEETS

拍數: 32      牆數: 4      級數: Improver  
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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.