

Lose My Cool

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Easy Intermediate
編舞者: Heather Barton (SCO) - March 2016
音樂: Lose My Cool - Foxes : (Album: All I Need - Deluxe)



Choreographed for : LDF EDINBURGH – March 2016

Music available from iTunes & Amazon

#32 count intro

[1-8] □ ½ Monterey, Left Side Rock & Cross, Right Side Behind & Cross Side

1, 2 Point Right to right, ½ turn over right shoulder
3&4 Rock Left out to left, recover onto Right, cross Left over Right
5, 6 Step Right to right, step Left behind Right
&7,8 Step Right to right, cross Left over right, step Right to right

[9-16] □ Rock Left Back, Shuffle ¼ Turn Left, ½ Turn Left, Step Back Right Left, Right Coaster

1,2 Rock back Left, recover Right
3&4 ¼ turn left step Left forward, step Right next to Left, step Left forward
5,6 ½ turn over left shoulder walking back Right, walk back Left
7&8 Step back Right, step Left beside Right, step forward Right

[17-24] □ Ball Walk R & L Fwd, ¼ Turn Left Ball Cross & Cross, ¼ Turn X2 Left, Walk Right Left

&1,2 Step Left beside Right (&) walk forward Right, walk forward Left
&3&4 ¼ turn left step on Right (&) cross Left over Right, step Right to right side, cross Left over Right
5,6 ¼ turn left step back Right, ¼ turn Left step left to left
7,8 walk forward Right, walk forward Left

[25-32] □ Cross Samba Right, Cross Samba Left, Jazz Box ¼ Cross

1&2 Cross Right over Left, side rock Left, recover Right
3&4 cross Left over Right, side rock Right, recover left
5,6 Cross rock Right over Left, step back Left
7,8 ¼ turn right step Right to right side, cross Left over Right

Thanks Steve for helping with this dance, enjoy □

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