

# Losing Sleep

COPPER KNOB  
STEPSHEETS

拍數: 48      牆數: 2      級數: Improver / Intermediate  
編舞者: Peter Davenport (ES) - October 2017  
音樂: Losing Sleep - Chris Young



## #12 Count intro, Start on Vocals, (Light a candle) Approx 8 seconds

### S1: Step L.R. Pivot 1/2 L, Shuffle 1/2, Rock Replace, Side Rock Cross

1.2.3      Step forward L, Step forward R, Pivot 1/2 L 6  
4&5      Shuffle 1/2 L, R.L.R - 12

#### \*Wall 3 Change of step

6.7      Rock back on L, Recover on R 12  
8&1      Rock L out to L, Recover on R, Cross L over R 12

### S2: 1/4 L Step back, 1/4 L Step, Mambo 1/2 R, Rock Replace, Cross Back Side Cross

2.3      1/4 L step back on R, 1/4 L step forward on L 6  
4&5      Mambo 1/2 R, 12  
6.7      Rock forward on L, Recover on R 12  
&8&1      Cross L over R (&) Step R back (8) Step L to L (&) Cross R over L (1) 12

### S3: Side Behind, Side Rock Cross, 1/4 R Step on R, Step L, Step 3/4 Step L

2.3      Step L to L, Cross R behind L 12  
4&5      Rock L out to L, Recover on R, Cross L over R 12  
6.7      1/4 R step forward on R, Step forward L 3  
8&1      Step on R (8) 3/4 turn L (&), Step R to R, (1) 6

### S4: Behind Point, Cross Shuffle, Rock Replace, Behind Side Step

2.3      Cross L behind R, Point R out to R 6  
4&5      Cross shuffle R.L.R 6  
6.7      Rock L out to L, Recover on R 6  
8&1      Cross L behind R, Step R to R, Step forward L 6

### S5: Prissy Walk, Cross Back Side, Cross Rock, Shuffle 1/4 L

2.3      Prissy walk forward R.L 6  
4&5      Cross R over L, Step back on L, Step R to R 6  
6.7      Cross rock L over R, Recover on L 6  
8&1      Shuffle 1/4 L turning L.R.L 3

### S6: Walk 1/4 Turn L, Shuffle 1/4 L, Step Cross, Side Together Forward

2.3      Start to walk round crossing R over L, Step Forward on L making 1/4 L 12  
4&5      Continue 1/4 L crossing R over L, shuffling R.L.R 3  
6.7      1/4 L step forward on L, Cross R over L 6  
8&      Step L to L, Bring R to L (Restart to dance from count 1) step forward L 6  
(Basically, counts 2-7 you are making a 3/4 L turn)

#### \*Wall 3 Change of step and Restart

Section 1: 1. Step forward L, 2. Step forward R, 3. Pivot 1/2 L, 4. Step forward R  
Start the dance from count 1.

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