

Like I'm Gonna Lose You

COPPER KNOB
BY STEPHEN

拍數: 48 牆數: 4 級數: Improver
編舞者: Julee Hansel (INA) - August 2020
音樂: Like I'm Gonna Lose You (feat. John Legend) - Meghan Trainor



No Tag - No Restart

Dance starts after 8 counts on lyric

SECTION 1: Turn-Step-Hitch (2 x), Pivot ½, Turn-Sway

& Turn head to left, prepare to turn & step forward
1 – 2 Turn ¼ to left & step R forward (1) (9.00), hitch L while turning ½ to right (2) (3.00)
3 – 4 Step L forward (3), hitch R while turning ½ to left (4) (9.00)
5 – 6 Step R forward (5), turn ½ to left step L in place (6) (3.00)
7 – 8 Turn ¼ to left then step R to side & sway (7) (12.00), recover on L & sway (8)

SECTION 2: Bachata Sway (2 x), Heel-Touch (2 x), Pivot ¼

1 – 2 Bend both knees while swaying R hip to right (1), body weight is fully on R while bumping L hip to left (2)
3 – 4 Bend both knees while swaying L hip to left (3), body weight is fully on L while bumping R hip to right (4)
5 & 6 & Touch R heel forward (5), step R beside L (&), touch L heel forward (6), step L beside R (&)
7 – 8 Step R forward (7), turn ¼ to left step L in place (8) (9.00)

SECTION 3: Diagonal Toe Strut (2 x), Toe Touch with ¼ Turn (R L), Step with Body Roll

1 – 2 Turn 1/8 to left touch R a little bit forward on ball (1) (7.30), Step R in place (2)
3 – 4 Touch L a little bit forward on ball (3), Step L in place (4)
5 & 6 & Touch R to side (5), turn ¼ to left step R beside L (&) (10.30), touch L to side (6), step L beside R (&)
7 – 8 Step R forward with body roll (7), recover on L (8)

SECTION 4: Diagonal Toe Strut (2 x), Toe Touch with 1/8 Turn (R L), Step with Body Roll

1 – 2 Touch R a little bit forward on ball (1), Step R in place (2)
3 – 4 Touch L a little bit forward on ball (3), Step L in place (4)
5 & 6 & Touch R to side (5), turn 1/8 to left step R beside L (&) (9.00), touch L to side (6), step L beside R (&)
7 – 8 Step R forward with body roll (7), recover on L (8)

SECTION 5: Achor Step (2 x), Sailor Cross, Hold-Step-Cross

1 & 2 Step R slightly behind L (1), recover L on ball (&), step R in place (2)
3 & 4 Step L slightly behind R (3), recover R on ball (&), step L in place (4)
5 & 6 Step R slightly behind L (5), step L to side (&), cross R over L (6)
7 & 8 Hold (7), step L to side (&), cross R over L (8)

SECTION 6: Turn ¼ - Step, Pivot ½ - Step (2 x), Turn-Sway, Recover-Hold

1 & 2 Turn ¼ to left & step L forward (1) (6.00), step R forward (&), turn ½ to left & step L in place (2) (12.00)
3 & 4 Step R forward (3), step L forward (&), turn ½ to right & step L in place (4) (6.00)
5 – 6 Turn ¼ to right then step L to side & sway (5) (9.00), step R in place & sway (6)
7 – 8 Recover on L (7), Hold with body angle to 6.00 (8)

Happy Dancing - Life is Beautiful

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