

# Losing My Grip

拍數: 48      牆數: 2      級數: Improver  
編舞者: Rex Allott (UK) - May 2022  
音樂: I Wish He Didn't Trust Me So Much - Bobby Womack



## Intro - 32 counts

### S1. Weave R, touch R out R, weave L

- 1-2. Step L over R, step R to R
- 3-4. Step L behind R, touch R to R
- 5-6. Step R over L, step L to L
- 7-8. Step R behind L, step L next to R

### S2. Weave L, touch L out L, weave R

- 1-2. Step R over L, step L to L
- 3-4. Step R behind L, touch L to L
- 5-6. Step L over R, step R to R
- 7-8. Step L behind R, step R next to L

### S3. L rock step, L mambo 1/2 turn R, rock step, R coaster step

- 1-2. Rock fwd on L, return weight to R
- 3&4. Turning 1/2 R step fwd on L, step back on R, step L next to R
- 5-6. Rock fwd on R, return weight to L
- 7&8. Step back on R, step L next to R, step fwd on R

### S4. Rpt S1.

### S5. Point R fwd, out R, fwd, back, rpt L

- 1-2. Point R out fwd, bring back diagonally out R
- 3-4. Point R out fwd, step R next to L
- 5-6. Point L out fwd, bring back diagonally out L
- 7-8. Point L out fwd, step L next to R

### S6. Point R out R, fwd, out R back, rpt L

- 1-2. Point R out R, point R out fwd
- 3-4. Bring R diagonally back to out R, step R next to L
- 5-6. Point L out L, point L out fwd
- 7-8. Bring L diagonally back out L, step L next to R

## Tag.

### S1. Step slide R, L cross mambo step, rpt L

- 1-2. Step R to R, slide L. next to R
- 3&4. Cross L over R, step R back, step L next to R
- 5-6. Step L to L, slide R next to L
- 7&8. Cross R over L, step L back, step R next to L

### S2. Step slide R, R coaster step, rpt L

- 1-2. Step R to R, slide L next to R
- 3&4. Step R back, step L next to R, step R fwd
- 5-6. Step L to L, slide R next to L
- 7&8. Step L back, step R next to L, step L fwd

### S3. Rpt S3. from main dance

**S4. Rpt S1.**

**Tag after 2nd S6. & 4th S2.**

**Restart after 3rd S2.**

**Repeat S5. & S6. to finish facing 12 o'clock**

**Add some hip & shoulder movements for 'soulful style'**

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