

# Lose You Now

COPPERKNOB  
STEPSHEETS

拍數: 96      牆數: 2      級數: Phrased Intermediate  
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音樂: Lose You Now - Lindsey Stirling & Mako



Intro: 16 counts

Sequence: ABC ABC B(16)

## PART A (32 ct/ 16x2)

### [1-8]: WALK R, L, STEP, TAP, SWEEP, WEAVE, SWAYS

1, 2      Walk fwd R (1) L (2)  
3& 4      Step R (3), tap L toe behind (&) step L behind and sweep R around to back (4)  
5& 6      Step R behind L (5) step L to L (&) cross R over L (6)  
7, 8      Step L & sway (7) sway R (8) - transfer weight to R on second sway

### [9-16]: REVERSE TWINKLES L&R, STEP & HITCH, ½ CHASE TURN R, FULL TURN L

1 & 2      step L behind R (1) rock R to R (&) recover on L (2)  
& 3 &      step R behind L (&) rock L to L (3) recover on R (&)  
4, 5      step L behind R, hitch R (4) step R to 2 o'clock (5)  
6 & 7      L pivot 1/2 to 7 o'clock (6&) Step L as a prep (7)  
8&      Roll over L shoulder - step R ½ (8) step L ⅝ (&) end at 6 o'clock

### [17-32]: REPEAT facing 6 o'clock – ends at 12 o'clock

## PART B (32 ct)

### [33-40]: NIGHT CLUB BASIC R, WEAVE w/ ¼ L, STEP, ROCK, RECOVER, OUT, OUT

1, 2 &      R to R (1) L behind R (2) recover onto R (&)  
3, 4 &      L drag to L (3), R step behind (4), L step to L, ¼ turn to 9 o'clock  
5, 6      Walk fwd R (5) fwd L (6)  
7 &      rock fwd R (7) recover back on the L (&)  
8 &      step out R (8) step out L (&) - weight ends centered. Hands/Styling: Reach R hand while stepping out R (8); reach R hand up and across to the L with R hand while stepping out L - look up at hand as you reach

### [41-48]: STEP R, DRAG TO R/TOUCH L BEHIND, STEP ¼ L, ¼ ROCK, RECOVER, CROSS

1, 2      step R in place (1) drag L and touch behind R (2) hands/styling: float right hand down across from left down to right hip - watch the hand as it floats  
3, 4 & 5      step L ¼ turn to 6 o'clock (3), rock ¼ turn R to 3 o'clock (4) recover L (&) cross R over L (5)  
6 & 7      rock L to L (6) recover on the R (&) cross L over R (7)  
8 &      Rock R to R (8) Recover on the L (&) End at 3 o'clock

### [49-56]: WEAVE w/ ¼ L, STEP, PIVOT ½, LOCK STEP, SCUFF, ROCKING CHAIR, ¼ ROCK, RECOVER

1 & 2 &      Cross R over L (1) step L to L (&) Cross R behind L (2) Step fwd L making 1/4 turn left(&)  
3 &      Step forward on R(3), Pivot ½ left to face 6 o'clock(&)  
4 & 5      step fwd R (4) lock L behind (&) step fwd R (5)  
&      Scuff L heel fwd. Styling: rise up on the ball of the right foot to fall forward on 6  
6 & 7 &      Rock forward on L(6), Recover on R(&), Rock back on L(7), Recover on R(&)  
8 &      Making a ¼ R – rock L to side (8) Recover on R (&) End at 9 o'clock

### [57-64]: CROSS L, HOLD, STEP SWAY R & L, CROSS R BEHIND L, HOLD, ¼ STEP w/SWEEP, STEP w/ SWEEP

1, 2      cross L over R (1) hold (2) Styling: Sink down / look down (2)  
3, 4      step R to R with a sway (3) sway L taking weight (4)

- 5, 6 cross R behind L - weight on L (5) hold (6)  
7, 8 Step fwd on R  $\frac{1}{4}$  right while sweeping L forward (7), Step fwd on L – sweep R fwd(8)

**PART C (32 ct/ 16x2)**

**[65-72] CROSS R OVER L, COLLECT, STEP, TOE DIG/ KNEE SWIVEL, SKATE R w  $\frac{1}{4}$ ,  $\frac{1}{2}$  CHASE L, FULL TURN**

- 1 & 2 Cross R over L(1) collect together to face 1 o'clock L,R (&2)  
3, 4& Step fwd L (3), toe dig R & Swivel R knee in (&), swivel R knee out (4) [5] Skate R to R with a  $\frac{1}{4}$  turn to 3 o'clock (5) Styling: lift the left leg behind while skating  
6& 7 step L fwd (6) pivot  $\frac{1}{2}$  to 9 o'clock (&) chase L fwd (7)  
8& roll a full turn over the L - step  $\frac{1}{2}$  turn on the R (8) step with a  $\frac{1}{2}$  turn on the L (&) - End at 9 o'clock

**[73-80]:  $\frac{1}{4}$  R ROCK RECOVER CROSS, STEP L, CROSS L BEHIND, UNWIND  $\frac{1}{2}$  R, L ROCK, RECOVER CROSS, STEP R & CROSS R BEHIND, UNWIND  $\frac{1}{2}$  L**

- 1& 2 rock R for a  $\frac{1}{4}$  turn to 6 o'clock (1) recover L (&) cross R over L (2)  
&3, 4 step L to L (&) cross R behind L (3)  $\frac{1}{2}$  turn unwind over the right 12 o'clock(4)  
5& 6 rock out L (5) recover R (&) cross L over R (6)  
&7, 8 step R to R (&) cross L behind R (7)  $\frac{1}{2}$  turn unwind over the right to 6 o'clock (8)

**REPEAT facing 6 o'clock for counts [81-96]. End Part C facing 12 o'clock**

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