

Afraid To Lose

COPPERKNOB
BY SHEETS

拍數: 32 牆數: 4 級數: High Intermediate
編舞者: Hiroko Carlsson (AUS) - November 2024
音樂: Afraid to Lose - Brad Tursi : (Spotify/YouTube Music/Deezer/Apple Music)



Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)
(Intro: 16 counts)

[S1] Kick, Cross Touch, Split, Jumo Together, Kick, Cross Hook, Split, Jumo Together, Rocking Chair, Kick-Ball-Heel Toe Split-&

- 1&2& Kick forward on R, Touch/cross R toes over L, Split jump to open foot position, Jump back to close position
3&4& Kick forward on L, Touch/cross L toes over R, Split jump to open foot position, Jump back to close position weight ends on L
5&6& Rock forward on R, Replace weight on L, Rock back on R, Replace weight on L
7&8& Kick forward on R, Ball step R in place, Vertical split-L heel forward and R toes back, Step L to the centre

[S2] Heel Grind 1/4R Turn-Back Rock, Triple 1/2R Turn, 2x Heel Grind 1/4L Turn

- 1&2& Step R heel forward grind/turning ¼ right (3:00), Step back on L, Rock back on R, Replace weight on L
3&4 Triple step ½ turn right on R-L-R (9:00)
5&6& Step L heel forward grind/turning ¼ left (6:00), Step back on R, Rock back on L, Replace weight on R
7&8& Step L heel forward grind/turning ¼ left (3:00), Step back on R, Rock back on L, Replace weight on R

[S3] Heel Grind 1/4L Turn, Back Rock, Step-Pivot 1/2R-Fwd, 2x Step-Pivot 1/2L, 1/4L Side Rock Turn-Cross

- 1&2& Step L heel forward grind/turning ¼ left (12:00), Step back on R, Rock back on L, Replace weight on R
3&4 Step forward on L, Make a ½ turn right recover weight on R (6:00), Step forward on L
-Restart here on Wall 5
5&6& Step forward on R, Make a ½ turn left recover weight on L (12:00), Step forward on R, Make a ½ turn left recover weight on L (6:00)
7&8 Making a ¼ turn left rock R to the side (3:00), Replace weight on L, Cross R over L

[S4] Side-Behind-1/4L-1/4L-Behind-Side-Cross-Side Rock-Cross-Reverse Side Roll R into Side Shuffle

- 1&2& Step L to the side, Step R behind L, Make a ¼ turn left stepping forward on L, Make a ¼ turn left stepping R to the side (9:00)
3&4 Step L behind R, Step R to the side, Cross L over R
&5& Rock R to the side, Replace weight on L, Cross R over L
6& Make a ¼ turn right stepping back on L (12:00), Make a ½ turn right stepping forward on R (6:00)
7&8 Make a further ¼ turn right step L to the side (9:00), Close R next to L, Step L to the side

Restart on Wall 5 count 20 (6:00)

Ending Suggestion: The last wall starts facing 3:00. Dance up to Section 5, count 2& (3:00). Add an extra heel grind with a ¼ turn left to face the front wall.

(updated: 5/Nov/24)