

Lose Some Sleep (Waltz)

COPPER KNOB
BY STEPHEN METZ

拍數: 24 牆數: 4 級數: Beginner waltz
編舞者: Glynn Rodgers (UK)
音樂: Let's Lose Some Sleep Tonight - Aaron Watson



CROSS TWINKLES

1-3 Cross left over right, step right to right side, step left to place
4-6 Cross right over left, step left to left side, step right to place

BASIC FORWARD, BACK, POINT, HOLD

1-3 Step forward left, close right to left, close left to right
4-6 Step back right, point left to left side, hold

WEAVE, POINTS

1-3 Cross left over right, step right to right side, step left behind right
4-6 Point right toe to right side, forward, right side

JAZZ BOX TURN, ROCK, POINT

1-3 Cross right over left, step back left turning $\frac{1}{4}$ right, step right to right side
4-6 Rock forward left, recover weight onto right, point left to left side

REPEAT
