

# 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



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## 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

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