

Losin' It

拍數: 64 牆數: 4 級數: Improver
編舞者: Gaye Teather (UK)
音樂: Losin' Side Of Me - Paul Bailey



CHASSE RIGHT, ROCK STEP, CHASSE LEFT, ROCK STEP

1&2 Step right foot to right side, close left beside right, step right to right
3-4 Rock back on left foot, recover forward onto right
5&6 Step left foot to left side, close right beside left, step left to left
7-8 Rock back on right foot, recover forward onto left

WALK FORWARD RIGHT, LEFT, RIGHT SHUFFLE FORWARD, ½ TURN RIGHT, LEFT SHUFFLE BACK, STEP BACK, TAP ACROSS

9-10 Walk forward on right foot, walk forward on left foot
11&12 Step right foot forward, close left beside right, step right forward
13&14 Make ½ turn right stepping back on left, close right beside left, step back on left
15-16 Step back on right, tap left toe across right foot

FORWARD, TAP, BACK, TAP, FULL ROLLING TURN LEFT

17-18 Step forward on left foot, tap right toe behind left heel
19-20 Step back on right foot, tap left toe across right foot
21-24 Step left foot ¼ turn left, make ½ turn left stepping back on right, step left foot ¼ turn left, touch right beside left

Easier option: steps 21-24 can be replaced with a left grapevine

RIGHT SHIMMY, LEFT SHIMMY

25-28 Long step to right on right foot, slide left foot beside right while shimmying shoulders
29-32 Long step to left on left foot, slide right beside left while shimmying shoulders

RIGHT VINE, STOMP, RIGHT CHASSE, ROCK STEP, LEFT VINE, STOMP, LEFT CHASSE, ROCK STEP

33-36 Step right foot to right, cross left behind right, step right to right, stomp left foot beside right taking weight onto left
37&38 Step right foot to right, close left beside right, step right to right
39-40 Rock back onto left foot, recover forward onto right
41-44 Step left foot to left, cross right behind left, step left to left, stomp right beside left, taking weight onto right
45&46 Step left foot to left, close right beside left, step left foot to left
47-48 Rock back onto right foot, recover forward onto left

FORWARD RIGHT, ½ TURN LEFT, FORWARD RIGHT, HOLD & CLAP, FORWARD LEFT, ½ TURN RIGHT, FORWARD LEFT, HOLD & CLAP

49-52 Step forward on right, make ½ turn left, step forward on right, hold and clap
53-56 Step forward on left, make ½ turn right, step forward on left, hold & clap

HEEL STAND, BACK, TOGETHER, ¼ MONTEREY TURN RIGHT

57-58 Step forward onto right heel, step left heel beside right (weight evenly on both heels)
59-60 Step back on right foot, close left beside right
61-64 Touch right toe to right side, on ball of left foot pivot ¼ turn right stepping right beside left, touch left to left side, close left beside right

REPEAT

