

Losing It!

拍數: 48 牆數: 1 級數: High Beginner
編舞者: Rosie Multari (USA) - 2007
音樂: Heart's Desire - Lee Roy Parnell



Position: In contra circle, partners face each other about four feet apart The men would line up on inside, and their ladies on the outside, this is their LOD. The footwork is same for both partners.
Heel struts may be used to replace the Wiggle Walks.

WIGGLE WALKS

- 1&2 Wiggle walk forward on right foot pushing hip and knee to the right
- 3&4 Wiggle walk forward on left foot, pushing hip and knee to the left
- 5&6 Wiggle walk forward on right foot pushing hip and knee to the right
- 7&8 Wiggle walk forward on left foot, pushing hip and knee to the left

You should be next to your partner, right hip to hip, facing LOD. You'll need to move forward slightly to the left in order to be hip-to-hip on the Right

FOUR SHUFFLES IN CIRCLE

(Place right arm around partner's waist as you shuffle in circle right, left, right, left)

- 9&10 Shuffle right, left, right
- 11&12 Shuffle left, right, left
- 13&14 Shuffle right, left, right
- 15&16 Shuffle left, right, left (you will finish facing LOD)

TAP SIDE, TOUCH, STEP SIDE, SLIDE

- 17 Tap right foot to right
- 18 Tap right foot next to left foot
- 19 Step right foot to right
- 20 Slide left foot together with right foot

WIGGLE WALK

- 21&22 Wiggle walk to the left, pushing left hip and knee to the left
- 23&24 Wiggle walk pushing right hip and knee to the right

(You should be next to partner, left hip to hip, facing LOD)

HIP "C" BUMPS, STEP, 1/2 PIVOT, STEP, 1/2 PIVOT

- 25-28 Bump left hips down then up two times (like closing a car door with hips!)
- 29 Step left foot forward
- 30 Pivot 1/2 turn to the right on right foot
- 31 Step left foot forward
- 32 Pivot 1/2 turn to the right on right foot

TAP SIDE, TOUCH, SIDE STEP, SLIDE

- 33 Tap right foot to right
- 34 Tap right foot next to left foot
- 35 Step right foot to right
- 36 Slide left foot together with right foot

SHUFFLE BACK, SHUFFLE BACK, ¼ TURN SHUFFLE, TOE BACK

- 37&38 Shuffle backward right, left, right
- 39&40 Shuffle backward left, right, left
- 41&42 ¼ turn to the right as you shuffle forward right, left, right
- 43 Touch left toe behind right heel

44 Pivot $\frac{1}{2}$ turn on right foot to the left (keep right weighted)

SHUFFLE BACK, ROCK BACK, RECOVER

45&46 Shuffle backward left, right, left

47 Rock back on right foot

48 $\frac{1}{4}$ turn to the right as you recover on left foot (facing LOD)

REPEAT

Last Update - 12 Sept. 2023 - R1
