

Lose Yourself

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Lisa M. Johns-Grose (USA) - December 2012
音樂: Dance Until Tomorrow by The Jonas Brothers



Intro: 64 counts.

WALK- WALK -ANCHOR- BACK- BACK - COASTER

1-2 Walk forward right, left
3&4 (angling body to right) Step right behind left, step left to left side, step right slightly back
5-6 Walk back left, right
7&8 Step left back, step right next to left, step left forward

SWITCH - SWITCH- TOUCH - HITCH - TOUCH- SAILOR- SAILOR 1/4 LEFT

1&2&3 Touch right to right, step right next to left, touch left to left, step left next to right
&4 Touch right to right, hitch right knee across, touch right to right
5&6 Step right behind left, step left to left, step right to right
7&8 Step left behind right making 1/4 left, step right to right, step left to left

SAMBA - SAMBA -STRUTTING HIP BUMPS

1&2 Step right across left, step left to left, step right to right
3&4 Step left across right, step right to right, step left to left
5&6 Step right toe forward bumping right hip forward, step down on right heel bumping right hip forward
7&8 Step left toe forward bumping left hip forward, step down on left heel bumping left hip forward

**** RESTART here during walls 2 & 5

ROCKING CHAIR - PIVOT 1/2 - PIVOT 1/2

1-4 Rock forward on right, recover back on left, rock back on right, recover forward on left
5-8 Touch right forward, pivot 1/2 turn left, touch right forward, pivot 1/2 turn left

BEGIN AGAIN

**** RESTARTS: after 24 counts. on walls 2 & 5

*** TAG - AFTER WALL 8 ADD THE FOLLOWING:-

1-4 Step right diagonally forward to right, touch left next to right, step left diagonally forward to left, touch right next to left

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