

# Losing Sleep

**COPPER KNOB**  
BY STEPHEN HETS

拍數: 64      牆數: 2      級數: Intermediate  
編舞者: Val O'Connor (UK) - January 2014  
音樂: Losing Sleep - John Newman : (Single)



**Intro: 16 Counts ( Approx 10 Secs ) Start On Vocals**

**Restart: After 32 Counts, 3rd Wall - Then Restart Dance From The Beginning**

**MANY THANKS TO GILLIAN SUTTON FOR THIS MUSIC SUGGESTION**

## **JUMP BACK RL, R KNEE IN OUT, KICK R, R ROCK BACK, R KICK BALL CROSS**

&1-2-3-4      Jump back R (&) jump back L ( feet apart ), turn R knee in towards L, turn R knee out towards R diagonal, kick R foot forward to R diagonal  
5-6-7&8      Rock back on R recover on L, kick R forward, step down on R , cross L over R

## **SIDE R TOUCH L, 1/4 L TOUCH R, FORWARD R TOUCH L, & R HEEL & TOUCH L**

1-2-3-4      Step R to R side touch L next to R, turn 1/4 L stepping L to L side touch R next to L ( 9 )  
5-6-&7&8      Step forward R touch L next to R(&) step back on L, dig R heel forward, (&) step back on R touch L next to R

## **CROSS R OVER L, TURN 1/4 R BACK L, 1/2 R SHUFFLE TURN, L FORWARD ROCK & CROSS R , POINT L**

&1-2-3&4      (&) step down on L, cross step R over L, turn 1/4 R stepping back on L, 1/2 R shuffle turn RLR ( 6 )  
5-6-& 7-8      Rock forward on L recover onto R, (&) step back on L, cross R over L, point L to L side

## **1/4 L MONTEREY , 1/2 R MONTEREY, & 1/4 R JAZ BOX**

1-2-3-4      Turn 1/4 L stepping L to L side point R to R side, turn 1/2 R stepping R to R side point L to L side (9)  
&5-6-7-8      (&) Step down on L, cross R over L, step back on L, 1/4 R stepping R to R side, step forward on L (12)

**( Restart wall 3 )**

## **FULL TURN L, STEP FORWARD R TURN 1/4 L, CROSS R, 1/4 R, 1/4 R SIDE CHASSE**

1-2-3-4      Turn 1/2 L back on R, 1/2 L stepping forward on L, step forward R turn 1/4 L stepping L to L side (9)  
5-6-7&8      Cross R over L, turn 1/4 R stepping back on L, turn 1/4 R stepping R to R side, (&) L next to R, step R to R side (3)

## **SIDE L HOLD & SIDE TOUCH, SIDE R HOLD & SIDE TOUCH (OPTION:SHIMMY SHOULDERS THRU THESE STEPS)**

1-2&3-4      Step to Left side and hold, (&) step R next to L, step L to L side touch R next to L.  
5-6&7-8      Step R to R side and hold, (&) step L next to R, step R to R side touch L next to R.

## **JUMP FORWARD LR HOLD, JUMP BACK LR, BUMP R, BUMP L (OPTION SHIMMY SHOULDERS THRU THESE STEPS)**

&1-2&3-4      (&) Jump forward on L then R feet apart hold, (&) Jump back L then R feet apart hold.  
5&6 7&8      Bump to the R ( RLR ), Bump to the L ( LRL )

## **1/4 R JAZZ BOX CROSS, SIDE R DIP POINT L, SIDE L DIP POINT R**

1-2-3-4      Cross R over L, step back on L, 1/4 R stepping R to R side, cross L over R. (6)  
5-6-7-8      Step R to R side dipping down, stand up as point L to L diagonal, step L to L side dipping down, stand up point R to R diagonal.

END OF DANCE

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