

Losing Sleep

64 Count, 2 Wall, Intermediate

Choreographer: Val O'Connor (UK) Jan 2014

Choreographed to: Losing Sleep by John Newman,

Album: Tribute

INTRO: 16 COUNTS (APPROX 10 SECS)

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

&1-2 Jump back R (&) jump back L (feet apart), turn R knee in towards L,

3-4 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

2 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

&7&8 (&) Step back on L, dig R heel forward, (&) step back on R, touch L next to R

3 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

4 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

5 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 Cross R over L, turn 1/4 R stepping back on L,

7&8 Turn 1/4 R stepping R to R side, (&) L next to R, step R to R side (3)

**6 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.

**7 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)

8 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 Step R to R side dipping down, stand up as point L to L diagonal,

7-8 Step L to L side dipping down, stand up point R to R diagonal.

RESTART: AFTER 32 COUNTS 3RD WALL - THEN RESTART DANCE FROM THE BEGINNING

MANY THANKS TO GILLIAN SUTTON FOR THIS MUSIC SUGGESTION