

Losing Sleep

32 Count, 4 Wall, Improver

Choreographer: Sue Demitropoulos (CA) Aug 2016

Choreographed to: Counting Stars by One Republic

Count In: 32 Counts From Start Of Music, On Lyrics

Section 1: R Fwd Rock, R Back Step-Lock-Step, L Back Rock, L Kick-Ball-Change

1-2 Rock right forward, recover weight to left
3&4 Step right back, lock left over right, step right back
5-6 Rock left back, recover weight to right
7&8 Kick left forward, step on left, step on right (12:00)

Section 2: L Cross-Point, R Cross-Point, L Crossing Shuffle, 1/2 Hinge Turn L

1-2 Cross left over right, point right to right side
3-4 Cross right over left, point left to left side
5&6 Cross left over right, step right to right side, cross left over right
7-8 1/4 turn left stepping right back, 1/4 turn left stepping left side (6:00)

Restart On Wall 11

Section 3: R Touch Fwd-Back, 1/2 Shuffle Turn L, L Back Mambo, R Fwd Mambo

1-2 Touch right toes forward, touch right toes back
3&4 1/2 turn left stepping right back, left together, right back
5&6 Rock left back, recover to right, step left next to right
7&8 Rock right forward, recover to left, step right next to left (12:00)

Section 4: L Touch Back, 1/4 Turn L, R Jazz Box, Heel Touches R-L

1-2 Touch left toes back, 1/4 turn left stepping weight down
3-4-5-6 Cross right over left, step left back, step right to right side, step left next to right
7&8& Touch right heel forward, step right next to left, touch left heel forward, step left next to right (9:00)

Begin Again

Restart: On wall 11 (third time facing 6:00) the music slows down; finish the first 16 counts to the hinge turn (facing 12:00) and pause; Restart from the beginning when the music starts up again.