

# Lose A Little Sleep

LINEDANCE.COM

**Count:** 32                      **Wall:** 4                      **Level:** Improver

**Choreographer:** Séverine Fillion (Jan 2015)

**Music:** Lose A Little Sleep by Big & Rich (Album : Gravity)

## **Intro : 32 counts**

### **[1-8] TOE HEEL STOMP (RIGHT & LEFT), STEP FWD, TOUCH, BACK, KICK, COASTER STEP**

- 1&2**            Touch right toe next to left (knee IN), touch right heel fwd, Stomp right fwd
- 3&4**            Touch left toe next to right (knee IN), touch left heel fwd, Stomp left fwd
- 5&**              Right step fwd, touch left toe just behind right
- 6&**              Recover on left back, Kick right fwd
- 7&8**            Right step back, left next to right, right step fwd

### **[9-16] TRIPLE STEP FWD, STEP ½ TURN STEP, PADDLE FULLTURN RIGHT**

- 1&2**            Triple step left - right - left fwd
- 3&4**            Right step fwd, Turn ½ tour left, right step fwd 6:00
- &5**              Hitch left knee, Turn ¼ right on right foot and touch left toe to left side
- &6**              Hitch left knee, Turn ¼ right on right foot and touch left toe to left side
- &7**              Hitch left knee, Turn ¼ right on right foot and touch left toe to left side
- &8**              Hitch left knee, Turn ¼ right on right foot and touch left toe to left side 6:00

### **[17-24] VAUDEVILLE, CROSS, SIDE, SAILOR STEP ¼ TURN LEFT**

- 1&2**            Left cross over right, right to right, touch left heel diagonally left fwd
- &**                Recover on left
- 3&4**            Right cross over left, left to left, touch right heel diagonally right fwd
- &**                Recover on right
- 5-6**            Left cross over right, right to right
- 7&8**            Left cross behind right, Turn ¼ left stepping right to right, left step fwd 3:00

**\*\* Restart here on wall 3**

### **[25-32] TRIPLE STEP FWD, STEP ½ TURN STEP, SKATE X 4**

- 1&2** Triple step right - left - right fwd
- 3&4** Left step fwd, Turn  $\frac{1}{2}$  right, left step fwd 9:00
- 5-8** Skates travelling fwd in diagonals : Right - left - right - left

**Start again and enjoy!**

**RESTART : After 24 counts on wall 3 (at 9:00)**

**TAG : At the end of wall 6 (at 12:00), add 4 counts : STEP  $\frac{1}{2}$  TURN LEFT X 2**

- 1-4** Right step fwd, Turn  $\frac{1}{2}$  left, right step fwd, Turn  $\frac{1}{2}$  left.