Lost The Plot (不知所措) (zh)

Compte: 64 **Mur:** 4 **Niveau:** Improver
Chorégraphe: Peter Metelnick (UK) & Alison Metelnick (UK) - 2010年02月
Musique: Bury Me (6 Feet Under) - Alexandra Burk : (CD: Overcome)

前奏： Start after 32 count intro 32拍後起跳

第一段 **R & L Step Touches, R Side, L Together, R Fwd, Scuff**
踏 點 踏 點, 右, 併, 踏, 擦踢

1-4 Step R side, touch L together, step L side, touch R together
右足右踏, 左足併點, 左足左踏, 右足併點

5-8 Step R side, step L together, step R forward, scuff
右足右踏, 左足併踏, 右足前踏, 左足擦踢

第二段 **L & R Step Touches, L Side, R Together, L Back, Hold**
踏 點 踏 點, 左, 併, 後, 候

1-4 Step L side, touch R together, step R side, touch L together
左足左踏, 右足併點, 右足右踏, 左足併點

5-8 Step L side, step R together, step L back, hold
左足左踏, 右足併踏, 左足後踏, 候

第三段 **R Rock Back & Recover, ½ L & R Back, L Hitch, L Coaster, Hold**
後下沉 回復, 1/2, 1/2, 抬, 海岸步, 候

1-4 Rock R back, recover weight on L, turning ½ left step R back, hitch L knee up 右足後下沉, 左足回復, 左轉180度右足後踏, 左膝抬

5-8 Step L back, step R together, step L forward, hold (6 o'clock)
左足後踏, 右足併踏, 左足前踏, 候(面向6點鐘)

第四段 **R Fwd Rock & Recover, 2½ R Turning Toe Struts, R Back Rock & Recover**
下沉回復, 二次趾轉轉, 後下沉回復

1-2 Rock R forward, recover weight on L 右足前下沉, 左足回復

3-4 Turning ½ right step touch R toes forward, step R heel down
右轉180度右足趾前點, 右足踵踏

5-8 Turning ½ right touch L toes back, step L heel down, rock R back, recover weight on L
右轉180度左足趾後點, 左足踵踏, 右足後下沉, 左足回復

第五段 **Grapevine R (Small Steps) With ½ R Turn, Hip Bumps L & R, L Back Rock & Recover 右藤步帶轉, 推臀-左, 右, 後下沉 回復**

1-2 Step R side, cross step L behind R
右足右踏, 左足於右足後交叉踏

3-4 Turning ¼ right step R forward, turning ¼ right hitch L knee up (12 o'clock) 右轉90度右足前踏, 右轉90度左膝抬(面向12點鐘)

5-8 Step L side & bump hips L, bump hips R, rock L back, recover weight on R 左足左踏左推臀, 右推臀, 左足後下沉, 右足回復

第六段 **Grapevine L (Small Steps) With ½ L Turn, Hip Bumps R & L, R Back Rock & Recover ¼ R 左藤步帶轉, 推臀-右, 左, 後下沉 回復1/4**

1-2 Step L side, cross step R behind L
左足左踏, 右足於左足後交叉踏

3-4 Turning ¼ left step L forward, turning ¼ left hitch R knee up (6 o'clock) 左轉90度左足前踏, 左轉90度右膝抬(面向6點鐘)

5-6 Step R side & bump hips R, bump hips L
右足右踏右推臀, 左推臀

7-8 Rock R back, recover weight on L turning ¼ right (9 o'clock)
右足後下沉, 左足回復右轉90度(面向9點鐘)

第七段 ½ R With 2 Step Scuffs, Run Fwd R, L, R, Hold
右1/4帶擦踢二次共轉1/2, 跑步-右, 左, 右, 候

1-2 Turning ¼ right step R forward, scuff L forward
右轉90度右足前踏, 左足前擦踢

3-4 Turning ¼ right step L forward, scuff R forward (3 o'clock)
右轉90度左足前踏, 右足前擦踢(面向3點鐘)

5-8 Step R forward, step L forward, step R forward (Take large steps – run!), hold 右足前踏, 左足前踏, 右足前踏(大步跑的方式), 候

第八段 L Rocking Chair, ½ R & L Back, R Hitch, R Back Rock & Recover
搖椅步, 1/2後, 抬, 後下沉 回復

1-4 Rock L forward, recover weight on R, rock L back, recover weight on R 左足前下沉, 右足回復, 左足後下沉, 右足回復

5-8 Turning ½ right step L back, hitch R knee up, rock R back, recover weight on L (9 o'clock)
右轉180度左足後踏, 右膝抬, 右足後下沉, 左足回復(面向9點鐘)

ENDING: At the END of wall 7 turn ¼ left to face front and step right side. Hold
結束：第七面牆左轉90度面向前面牆, 右足右踏, 候