

Lost & Profound

COPPER KNOB
STEPPERS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Lene Mainz Pedersen (DK) - April 2019
音乐: Lost & Profound - Kristian Kjærland : (iTunes)



Intro: 16 Counts from heavy beat

The Music are the winner song of the Danish X-Factor 2019 – amazing performance all the way through <3

[Sec. 1] WALK R,L,R, HOLD, JAZZ 1/4 L, STEP R TOGETHER

1 - 4 Walk fw R, Walk fw L, Walk fw R, HOLD
5 - 8 Cross L in front of R, Turn 1/4 L Stepping back on R, Step L to L side, Step R beside L (9:00)

[Sec. 2] STEP L, TOUCH R, STEP R, TOUCH L, CHASSE 1/4 L, HOLD

1 - 4 Step L to L side, Touch R beside L, Step R to R side, Touch L beside R
5 - 8 Step L to L side, Step R beside L, Turn 1/4 L stepping L fw, HOLD (6:00)

[Sec. 3] MAMBO PUSH, HOLD, MAMBO 1/4 L, HOLD

1 - 4 Rock R fw, Recover on L, Step R beside L while pushing your but back □
5 - 8 Rock L fw, Recover on R, Turn 1/4 L stepping L to L side, HOLD (3:00)

[Sec. 4] WEAVE L, SWEEP, BEHIND SIDE CROSS, SWEEP

1 - 4 Cross R in front of L, Step L to L side, Cross R behind L, Sweep L from front to back
5 - 8 Cross L behind R, Step R to R side, Cross L in front of R, Sweep R from back to front

Begin Again

Tag: After 4 Wall (12:00) - REPEAT SEC. 4 (12:00)

ENDING: 11 Wall – Change Count 32 of the dance by turning 1/4 R stepping R fw (12:00) - Tadaaaaa

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