I Was Lost

拍数: 32   **墙数:** 2   **级数:** High Beginner

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音乐: Lost - Maroon 5

Intro : 8 counts
Break (4 counts) at the end of wall 10

(1-8) CROSS, POINT, CROSS, POINT, STEP FWD, TOUCH BACK, STEP BACK, KICK FWD

1-2	Cross RF over LF - Point LF to L
3-4	Cross LF over RF - Point RF to R
5-6	Step RF forward - Touch LF behind RF
7-8	Step LF back - Kick RF forward

(9-16) BACK LOCK STEP, TOGETHER, SWIVET R / L

1-2	Step RF back - Lock LF over RF
3-4	Step RF back - Together LF next to RF
5-6	Lift R heel and L toe as you swing your heel to the right - Return to center
7-8	Lift L heel and R toe as you swing your heel to the left - Return to center

(17-24) BEHIND, SIDE, CROSS, SWEEP, CROSS, SIDE, BEHIND, SWEEP

1-2	Cross RF behind LF - Step LF to L
3-4	Cross RF over LF - Sweep LF from the front
5-6	Cross LF over RF - Step RF to R
7-8	Cross LF behind RF - Sweep RF from the back

(25-32) ROCK BACK, RECOVER, ½ TURN L WITH TOE STRUT, ROCK BACK, RECOVER, TOE STRUT FWD

1-2	Rock back to RF - Recover to LF
3-4	½ turn L with toe strut RF (6h00)
5-6	Rock back to LF - Recover to RF
7-8	Toe strut LF

Break here at the end of wall 10 (12h00), 4 counts :

1-4	Raise your arms and cross them in front of you while lowering them

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