

Lost Track

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Beginner
编舞者: Angéline Fourmage (FR) & Maryse Fourmage (FR) - 5 August 2022
音乐: Lost Track - HAIM



Start: On the lyrics (Start Face on Face)

[1-8] Rock-Step, Step, Hold, Toe-Strut, Toe-Strut

1-2 RF back, Recover to LF
3-4 RF FW, Hold
5-6 L Toe FW, Drop L Heel
7-8 R Toe FW, Drop R Heel

[9-16] Jazz-Box

1-2 Cross LF over RF, Hold
3-4 RF Back, Hold
5-6 LF to the L side, Hold
7-8 Cross RF over LF, Hold

[17-24] Rumba-Box modified

1-2 LF to the L side, RF next to LF
3-4 Big Step LF FW, Hold
5-6 RF to the R side, LF next to RF
7-8 RF FW, Hold

[25-32] Step-Turn ½ R, Run, Run, Run, Side, Kick, Side, Kick

1-2 LF FW, ½ R
3&4 LF FW, RF FW, LF FW *(Option)
5-6 RF to the R side, Kick LF FW on R Diagonal (Clapping the hands of the person in front)
7-8 LF to the L side, Kick RF FW on L Diagonal (Clapping the hands of the person in front)

***(Option 3-4 : Big L Step)**

NOTA: For hands and option, see video.

Smile and enjoy the dance

Contact: maellynedance@gmail.com