

Lost In The Feeling (P)

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 0 级数: Partner
编舞者: Kay Cawston & Doug Cawston
音乐: Lost in the Feeling - Mark Chesnutt



Position: Side By Side. Both on opposite feet

MAN: WALTZ FORWARD ON BASIC, MAN MAKING ¼ TURN, LADY ¾ TURN BOTH TO RIGHT

1-3 Step forward on left, right, left
4-6 Cross right over left steps back on left ¼ turn on right

Now facing each other, man facing outside LOD in closed western

VINE WITH CROSS ROCKS

1-3 Left to side, right cross behind, left to side
4-6 Cross rock right over left, recover on left in place on right

CROSS ROCKS, LADY ¾ TURN INTO CLOSED WESTERN MAN'S FACING LOD

1-3 Cross left over right, recover on right, left in place

Raising man's left and lady's right, ending in closed western

4-6 Step forward on right making ¼ turn left, step left in place, step right forward

WALTZ FORWARD, WITH VINE AND SIDE ROCK

1-3 Forward on left, right, left
4-6 Right step to side, cross left behind, rock on to right

MAN'S VINE WITH LADY DOING FULL TURN TO RIGHT, WITH CROSS ROCKS

1-3 Left to side, right behind, left to side
4-6 Cross right over left, recover on left, right in place

CROSS ROCKS WITH ½ A BASIC WALTZ PATTERN

1-3 Cross rock left over right, recover on right, left in place
4-6 Waltz forward on right, left, right

MOVE APART ENDING WITH ARMS CROSSED

Both left hands on top, turning lady into side by side

1-3 Man's step back on left, right, left
4-6 On the spot right, left, right

RELEASING LEFT, AND RAISING RIGHT MAKE TWO HALF TURNS

1-3 Step forward on left, make ½ turn on right on right, step back on left
4-6 Step back on right, make ½ turn with left, step forward on right

LADY: WALTZ FORWARD ON BASIC, MAN MAKING ¼ TURN, LADY ¾ TURN BOTH TO RIGHT

1-3 Step forward on right, left, right
4-6 Left step ¼ right step ¼ left step ¼

Now facing each other, man facing outside LOD, in closed western

VINE WITH CROSS ROCKS

1-3 Right to side, left step behind, right to side
4-6 Back rock on left, recover on right, left in place

CROSS ROCKS, LADY ¾ TURN INTO CLOSED WESTERN MAN'S FACING LOD

1-3 Rock back on right, recover on left, right $\frac{1}{4}$ turn

RAISING MAN'S LEFT AND LADY'S RIGHT, ENDING IN CLOSED WESTERN

4-6 Step on left pivot $\frac{1}{2}$ turn right, step back on right, step left in place

WALTZ FORWARD, WITH VINE AND SIDE ROCK

1-3 Back on right, left, right

4-6 Left step to side cross right behind, rock on to left

MAN'S VINE WITH LADY DOING FULL TURN TO RIGHT, WITH CROSS ROCKS

1-3 Right $\frac{1}{4}$ turn to right, left turn $\frac{1}{2}$ turn to right, right $\frac{1}{4}$ turn to right

4-6 Rock back on left, recover on right, left in place

CROSS ROCKS WITH $\frac{1}{2}$ A BASIC WALTZ PATTERN

1-3 Rock back on right, recover on left, right in place

4-6 Waltz back on left, right, left

MOVE APART ENDING WITH ARMS CROSSED

Both left hands on top turning lady into side by side

1-3 Lady's step back on right, left, right

4-6 Step left $\frac{1}{4}$ left, step right $\frac{1}{4}$ left, left step in place

RELEASING LEFT, AND RAISING RIGHT MAKE TWO HALF TURNS

1-3 Step forward on right, make $\frac{1}{2}$ turn right on left, step back on right

4-6 Step back on left, make $\frac{1}{2}$ turn on right, step forward on left

REPEAT
