

Lost In The Waltz

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 2 级数: Intermediate/Advanced waltz
编舞者: Jan Wyllie (AUS)
音乐: Lost in the Feeling - Mark Chesnutt



1-2&3	Step back right, left, making $\frac{1}{4}$ turn left step right beside left, step forward on left
4-5-6	Step forward on right, pivot $\frac{1}{4}$ turn left transferring weight to left, step right behind left
&7-8-9	Step left to left, cross/rock right over left, rock/return weight to left, step right to right
10-11-12	Cross/rock left over right, rock/return weight to right, making $\frac{1}{4}$ turn left step forward on left
&	Stepping forward on right make $\frac{1}{2}$ turn left
13	Touch left toes straight back while arching back and holding right arm forward (weight on right)
14-15	Hold, hold
16-17-18	Moving forward while making $1\frac{1}{2}$ turns right step left, right, left
19-20-21	Big step to right on right, slide left to right, hold
22-23	Making $\frac{1}{4}$ turn left step forward on left, stomp right heel beside left (weight on left)
&24	Making $\frac{1}{2}$ turn left step right beside left, step forward on left
25-26-27	Rock/step forward on right, rock back on left, step back on right keeping left in place - raise left toes
28-29-30	Rock/step forward on left, rock back on right, step back on left keeping right in place - raise right toes
31-32-33	Rock/step forward on right, rock back on left, step back on right
&34	Step back slightly on left, step right across left
35-36	Making $\frac{1}{4}$ turn right step back on left, making $\frac{1}{2}$ turn right rock/step forward on right
37-38&	Rock weight back on left, making $\frac{1}{4}$ turn right step right to right, step left beside right
39	Step right to right making $\frac{1}{4}$ turn right
&	Making $\frac{1}{2}$ turn right step forward on left (becomes a step back)
40-41-42	Touch right toe behind left, taking 2 beats of music unwind $\frac{1}{2}$ turn right transferring weight to right
43-44-45	Rock/step forward on left, rock back on right, step back left
&	Making $\frac{1}{4}$ turn left step right beside left
46-47-48	Walk forward left, right, left

REPEAT

TAG

At the end of the 1st wall

1-2-3	Step forward on right, pivot $\frac{1}{2}$ turn left transferring weight to left, step forward on right
4-5-6	Step forward on left, pivot $\frac{1}{2}$ turn right transferring weight to right, step forward on left

TAG

At the end of the 3rd wall

1-6	Repeat above tag
7-8-9	Rock/step forward on right, rock back on left, slide right to left (weight on left)

