

Lost

拍数: 32 墙数: 4 级数: Improver / Easy Intermediate
编舞者: Gaye Teather (UK) - May 2013
音乐: Lost In You - Darius Rucker : (CD: True Believers)



32 count intro - Dance rotates in CW direction

Step. Pivot half turn Left. Triple half turn Left. Quarter turn Left sway. Sway. Sway. Ball cross

- 1 – 2 Step forward on Right. Pivot half turn Left
- 3&4 Triple half turn Left stepping Right. Left. Right
- 5 – 6 Quarter turn Left stepping Left to Left side and swaying hips Left. Sway hips Right (Facing 9 o'clock)
- 7&8 Sway hips Left. Step Right slightly back. Cross Left over Right

Styling point (optional). On the sways where Darius sings 'waves of the ocean' push hands Left and Right in a wave motion

Side Right. Rock back. Quarter turn Left shuffle forward. Forward rock. Ball. Step

- 1 – 3 Step Right to Right side. Rock back on Left. Recover onto Right
- 4&5 Quarter turn Left stepping forward on Left. Step Right beside Left. Step forward on Left (Facing 6 o'clock)
- 6 – 7 Rock forward on Right. Recover onto Left
- &8 Step Right beside Left. Step forward on Left

***Restart from the beginning at this point during wall 3 (You will be facing 12 o'clock)**

Forward rock. Shuffle half turn Right. Half turn Right x 2. Step. Pivot half turn Right. Step

- 1 – 2 Rock forward on Right. Recover onto Left
- 3&4 Shuffle half turn Right stepping Right. Left. Right
- 5 – 6 Half turn Right stepping back on Left. Half turn Right stepping forward on Right

Non-turning option for counts 5 – 6: Walk forward Left. Right

- 7&8 Step forward on Left. Pivot half turn Right. Step forward on Left (Facing 6 o'clock)

Forward rock. Coaster step. Touch across. Sweep/ronde. Sailor quarter turn Left

- 1 – 2 Rock forward on Right. Recover onto Left
- 3&4 Step back on Right. Step Left beside Right. Step forward on Right
- 5 – 6 Touch Left toes across Right. Sweep out and around to left side
- 7&8 Quarter turn Left crossing Left behind Right. Step Right to Right side. Step forward on Left (Facing 3 o'clock)

Start again

Ending: The music ends on count 5 of the final section (Touch Left toes across Right). You will be facing 12 o'clock. Sweep Left around to Left crossing behind Right (count 7). Unwind a full turn Left (count 8) for a nice finish facing front