

I'm a Lost Cause

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Intermediate - Rolling 8 count
編舞者: Gail Smith (USA) - October 2023
音樂: Save Me (with Lainey Wilson) - Jelly Roll



NO tags or restarts

INTRO: 16 Counts. Start on the word "Save" (Somebody "save" me)

(SECTION 1) SWAY L-R-L, WEAVE w SWEEP

1-2-3 Step L slightly to side and sway L-R-L (Tiny hitch bringing R foot towards L)
4&a Step R to side, Step L behind R, Step R to side
5 Step L across R and sweep R fwd

JAZZ BOX CROSS, MAMBO STEP

6&a Step R across L, Step L back, Step R to side
7 Step L across R angling body towards the R corner sliding R toes fwd 1:30
8&a Rock R fwd, Recover onto L, Step R slightly back

(SECTION 2) BACK w SWEEP, TURN 1/2 R, BALL-STEP FWD, BALL-STEP (PREP), FULL TURN L,

1 Step L back and sweep
a2 Turn 1/2 R and Step ball of R foot fwd, Step L fwd 7:30
a3 Step ball of R foot fwd, Step L fwd (prep for turn)
4&a Turn 1/2 L stepping back on R, Turn 1/2 L stepping fwd on L, Step R fwd

Non-turning option: 3 Runs fwd

BALL-ROCKSTEPS, HITCH, COASTER CROSS

5a Rock L fwd, Recover onto ball of R foot
6a Rock L back, Recover onto ball of R foot
7 Step L fwd and hitch R knee up
8&a Step R to back, Step L next to R, Step R across L - squaring up to wall 6:00

(SECTION 3) L SIDE-DRAG, 1/4 SIDE-DRAG, 1/4 SIDE-DRAG, SAILOR STEP-CROSS

1 Big step L to side dragging R towards L foot
2 Turn 1/4 R and big step to R side dragging L towards R foot 9:00
3 Turn 1/4 R and big step to L side slightly drag R towards L foot 12:00
4&a5 Step R behind L, Step L to side, Step R slightly to side, Step L across R

SIDE-1/8, BACK-1/8 (PREP), FULL TURN TRIPLE

a6 Step R to side, Turn 1/8 L stepping L back 11:30
a7 Step R slightly back, Turn 1/8 L stepping L fwd 9:00
8&a Full turn over your L shoulder - stepping R-L-R, Squaring up to the wall

Non-turning option: 3 Runs fwd

(SECTION 4) FWD ROCK, REC, BACK BALL-STEP w 1/4 SWEEP L, L SAILOR STEP

1-2 Rock L fwd, Recover onto R foot (Sloooow rock, rec)
a3 Step ball of L next to R foot, Step R back sweeping L back – Turning 1/4 L
4&a Step L behind R, Step R to side, Step L to side 6:00

CROSS, SIDE-CROSS, JAZZ BOX w CROSS-SIDE-CROSS

5a6 Step R across L, Step L to side, Step R across
7&a Cross L over R, Step R back, Step L to side
8&a Step R across L, Step L to side, Step R across L

START OVER

Options / Variations to do in section 4:

Instead of the Fwd Rock, Recover (1-2), you can Step, Tap, Step slightly back.

1a2 Step L fwd, Tap R toes behind L foot, Step R slightly back)

You can leave out the last & Cross (&a).

7&a8 Ending with the Jazz Box w cross.

Updated 12-22-2023

(Made a correction and also added options/variations in the last section)
