

Lost or Gone

拍數: 32 牆數: 2 級數: Low Advanced
編舞者: Lucie Lu (DE) & jordy van den berg (NL) - March 2024
音樂: Lost Or Gone - David West & The Companions



Intro 8 Counts, Start on vocals

Tag1: 2 Counts after Wall 2,
Tag2 + Restart in Wall 5 after 12 Counts

S1: Back Turn1/2L+Sweep Step Turn1/2L, Turn5/8L+Sweep Cross Side, Behind Sweep Behind Side Turn1/8R, Turn1/2L+Hitch 2xBack

- 1-2a start facing diagonal (1:30) stepping back RF + make 1/2 turn L on RF sweeping LF (1) (7:30), step LF forward (2), make 1/2 turn L stepping RF back (a) (1:30)
- 3-4a make 5/8 turn L stepping LF forward sweeping RF from back to front (3) (6:00), cross RF over LF (4), step LF to L side (a)
- 5-6a cross RF behind LF sweeping LF from front to back (5), cross LF behind RF (6), make a 1/8 turn R stepping RF forward (a) (7:30)
- 7-8a step LF forward and make a 1/2 turn L on LF while hitching RF (7) (1:30), step RF back (8), step LF back (a)

S2: Back Rock Turn1/2L, Back Rock Turn1/2R, Turn5/8R+Sweep Cross Side, Behind Turn1/4R Spot TurnR

- 1-2a rock RF back with your head turned up to the ceiling + pulling both arms backwards (1), recover on LF (2), make 1/2 turn L stepping RF back (a) (7:30)
- 3-4a rock LF back with your head turned up to the ceiling + pulling both arms backwards (3), recover on RF (4), make 1/2 turn R stepping LF back (a) (1:30)
- 5-6a make 5/8 turn R stepping RF fwd sweeping LF from back to front (5) (9:00), cross LF over RF (6), step RF to R side (a)
- 7-8a cross LF behind RF (7), make 1/4 turn R stepping RF forward (8), make a full turn R on RF (a) (12:00)

non turning option: Hold on "a" instead of the spot turn

S3: Cross Turn1/4L Side, Cross Turn1/4R Turn1/2R, Turn1/2R+Sweep 2xBack+Sweep Touch Unwind Turn1/2R

- 1-2a cross LF over RF (1), recover on RF (2), make 1/4 turn L stepping LF to L (a) (9:00)
- 3-4a cross RF over LF + prep for turn (3), make 1/4 turn R stepping LF back (4) (12:00), make 1/2 turn R stepping RF fwd (a) (6:00)
- 5-6 make 1/2 turn R stepping LF back + sweeping RF from front to back (5) (12:00), step RF behind LF + sweeping LF from front to back (6).
- 7-8a step LF behind RF + sweeping RF from front to back (7), touch RF toe behind LF + unwind with 1/2 turn R (8), change weight to RF (a)

simplified version: on "a-5" make 2 steps back instead of 2x1/2 turn

S4: Cross Side, Cross Turn1/8R, 3x Walk+Drag Cross Rock

- 1-2a cross LF over RF (1), recover on RF (2), step LF to L (a)
- 3-4a cross RF over LF (3), recover on LF (4), make 1/8 turn R stepping RF fwd (a) (7:30)
- 5-6 step LF fwd+drag RF from back to front (5), step RF fwd+drag LF from back to front (6),
- 7-8a step LF fwd+drag RF from back to front (7), cross rock RF over LF (8), recover on LF (a)

Start again :-)

TAG1 at the End of Wall 2 (1:30): Side 2xSway

- 1-2 step RF to R side + sway body to R (1), sway body to L side (2)

TAG2 after 12 Counts in Wall 5: Full TurnR Turn1/2R+Sweep 3xWalk+Drag Cross Rock

1a2 step RF forward (1), make 1/2 turn R stepping LF back (a) make 1/2 turn R stepping RF forward (7:30) continue with 1/2 turn R on RF+sweeping LF from back to front (2) (1:30)
3-4 step LF fwd+drag RF from back to front (3), step RF fwd+drag LF from back to front (4)
5-6a step LF fwd+drag RF from back to front (5), cross RF over LF (6), recover on LF (a) and start again facing 1:30

ENDING: in wall 6 replace last counts "8a" with step RF fwd (8), make 1/2 turn L (a) step RF fwd (1)...tadaaa...end of dance :-) Have fun!

Last Update: 10 Aug 2024
