

Lost in the Rhythm

Count: 32

Wand: 4

Ebene: Beginner

Choreograf/in: Jérôme Ciurana (FR) - February 2020

Musik: Lost in the Rhythm (feat. Octavia Rose) - Jamie Berry



Déscriptif : 16 counts from the beginning or 8 sec do the dance at the end - CW rotation.

Music 3 min : 32 counts from beginning or 16sec do 3 wall complete and the 16 first counts (change incluse) {4MF9H} then do the dance at the end

[1-8] CHARLESTON STEP X 2

- 1-2 RIGHT toe forward, Step RIGHT beside left
- 3-4 LEFT toe back, Step LEFT beside right
- 5-6 RIGHT toe forward, Step RIGHT beside left
- 7-8 LEFT toe back, Step LEFT beside right

[9-16] STEP 1/2 TURN LEFT, RIGHT SHUFFLE FORWARD, ROCK STEP , SWEEP X2

- 1-2 Step RIGHT forward, Pivot 1/2 turn left [6H]
- 3&4 Step RIGHT forward, Step LEFT next to right, Step RIGHT forward {shuffle}
- 5-6 Step LEFT forward, Recover weight to RIGHT {rock step}
- 7 Sweep LEFT from forward to back and step LEFT back
- 8 Sweep RIGHT from forward to back and step RIGHT back

Change : Change count 8 with Touch RIGHT beside left

[17-24] SWEEP, HITCH RIGHT, RIGHT SHUFFLE FORWARD, ROCK STEP, COASTER STEP

- 1 Sweep LEFT from forward to back and step LEFT back
- 2 Hitch RIGHT {hitch}
- 3&4 Step RIGHT forward, Step LEFT next to right, Step RIGHT forward {shuffle}
- 5-6 Step LEFT forward, Recover weight to RIGHT {rock step}
- 7&8 Step LEFT back, Step RIGHT beside left, Step LEFT forward {coaster step}

[25-32] STEP 1/4 TURN LEFT, CROSS SHUFFLE, ROCK STEP SIDE, BEHIND SIDE CROSS

- 1-2 Step RIGHT forward, Turn 1/4 turn left [3H]
- 3&4 Cross RIGHT over left, Step LEFT to left side, Cross RIGHT over left
- 5-6 Step LEFT to left side, Recover weight to RIGHT {rock step}
- 7&8 Cross LEFT behind right, Step RIGHT to right side, Cross LEFT over right {behind side cross}

LOST IN THE RHYTHM !!!!!!!

Les références des heures ne valent que sur le premier mur

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<http://club.quomodo.com/spiritofcountry/bienvenue.html>