

Lost 'n' Found

Compte: 64

Mur: 1

Niveau: Intermediate/Advanced

Chorégraphe: William Sevone (UK)

Musique: Chain Reaction - Paul Brandt



ROCK FORWARD, BACKWARD SHUFFLE WITH CROSS STEP, UNWIND ½ LEFT

- 1-2 Rock forward onto right foot, recover onto left
- 3&4 Step right foot back, step left foot next to right, cross right foot over left
- 5 Unwind ½ turn left (transfer weight to right foot)

ROCK FORWARD, BACKWARD SHUFFLE WITH CROSS STEP, UNWIND ½ RIGHT

- 6-7 Rock forward onto left foot, recover onto right
- 8&9 Step left foot back, step right foot next to left, cross left foot over right
- 10 Unwind ½ turn right (transfer weight to left foot)

SHUFFLE FORWARD, ROCK FORWARD, BACKWARD 1 & ¼ TURN LEFT, 2X SAILOR SHUFFLE

- 11&12 Right shuffle forward (right, left-right)
- 13 Rock forward onto left foot & scuff/clap hands, left down-right up
- 14 Recover onto right foot & scuff/clap hands, left up-right down
- 15-17 Moving backward turn 1 & ¼ turns left (left, right, left,)
- 18&19 Step right foot behind left, step left foot to side, step right foot to place
- 20&21 Step left foot behind right, step right foot to side, step left foot to place

3X FORWARD CROSS STEP, SIDE TOUCH, FORWARD CROSS STEP, 3X SCOOT-HIP PUSHES

- 22-23 Step right foot forward across left, touch left toe to side
- 24-25 Step left foot forward across right, touch right toe to side
- 26-27 Step right foot forward across left, touch left toe to side
- 28 Step left foot forward across right
- 29 Scoot or bunny hop left foot backwards & push hips to the right
- 30 Scoot or bunny hop right foot backwards & push hips to the left
- 31 Scoot or bunny hop left foot backwards & push hips to the right

¼ RIGHT, COASTER STEP, HOLD

- 32 With a ¼ turn right on ball of left foot - step right foot back
- &33 Step left foot next to right and step right foot forward
- 34 Hold

SHUFFLE FORWARD, STEP FORWARD, ROCK, BACKWARD 1 & ¼ TURNS RIGHT, 2X SAILOR SHUFFLE

- 35&36 Left shuffle forward (left, right-left)
- 37 Step forward onto right foot & scuff/clap hands, left down-right up
- 38 Rock back onto left foot & scuff/clap hands, left up-right down
- 39-41 Moving backward turn 1 & ¼ turns right (right, left, right,)
- 42&43 Step left foot behind right, step right foot to side, step left foot to place
- 44&45 Step right foot behind left, step left foot to side, step right foot to place

3X FORWARD CROSS STEP, SIDE TOUCH, FORWARD CROSS STEP, 3X SCOOT-HIP PUSHES

- 46-47 Step left foot forward and across right, touch right toe to side
- 48-49 Step right foot forward and across left, touch left toe to side
- 50-51 Step left foot forward and across right, touch right toe to side
- 52 Step right foot forward and across left

- 53 Scoot or bunny hop right foot backwards & push hips to the left
54 Scoot or bunny hop left foot backwards & push hips to the right
55 Scoot or bunny hop right foot backwards & push hips to the left

¼ LEFT, COASTER STEP, HOLD

- 56 With a ¼ turn left on ball of right foot- step left foot back
&57 Step right foot next to left and step left foot forward
58 Hold

SHUFFLE FORWARD, FORWARD FULL TURN RIGHT, SHUFFLE FORWARD

- 59&60 Right shuffle forward (right, left-right)
61-62 Stepping forward onto left foot turn ½ right, stepping backward onto right foot turn ½ right
63&64 Left shuffle forward (left, right-left)

REPEAT
