

Platform

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Gemma Ridyard (UK) - September 2018
音乐: Lost Without You - Freya Ridings



3 x Backs sweeps, hold, behind side cross, hold

12 Step R back sweep L from front to back, Step L back sweep R from front to back
34 Step R back sweep L from front to back with foot flexed, hold
5678 Cross L behind R, step R to R, cross L over R, hold

R side rock ¼, Walk R, L spiral full turn R, sweep L, cross unwind sweep

12 Rock R to R as you make a ¼ turn L
34 Step R forward, step L forward as you spiral a full turn R (weight finishing on L)
56 Step R forward, sweep L from back to front
78 Cross L over R, unwind a full turn R as you sweep R from front to back (9 O'clock) *

Behind Side, 1/8 turn L Arabesque Hitch, 1/8 Diamond turn L

12 Cross R foot behind L, Step L to L side
34 Make an 1/8 turn L step R forward to diagonal as you lift L leg behind and reach R arm up, bend L knee to a hitch arms pull down (7:30)
56 Make an 1/8 turn L cross L over R, step R back (6.00)
78 Make an 1/8 turn L stepping L back, sweeping R from front to back (5.30)

Behind, 1/8 turn L, Spiral 1 ¼ turn L, Cross rock side, Cross

12 Cross R behind L, make 1/8 turn L stepping L forward (3.00)
34 Step R forward as you spiral 1 ¼ turn L (L leg rondes forward with flexed foot), step L to L (6.00)
56 Cross rock R over L as you hook L foot behind R knee, step L back
78 Step R to R side, cross rock L over R as you hook R foot behind L knee

To restart the dance step R back to sweep

TAG: 4 Count Tag End of walls 1, 3, 5

L foot will finish crossed over R at the end of the dance add the following 4 counts

1234 Unwind a full turn R sweeping R from front to back

* On wall 9 dance up to count 16 and then add the following 4 counts -Cross R behind L, make a ¼ turn L step L forward, rock R to R side, replace weight to L and then Restart facing 6. O'clock*

Happy Dancing!
Love G XOXO
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