

Lost in the Middle of Nowhere

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 3 级数: Improver - Country
编舞者: Gudrun Schneider (DE) & Christina Yang (KOR) - January 2019
音乐: Lost in the Middle of Nowhere (feat. Becky G) - Kane Brown



Start the dance after 8 counts

SECTION 1: STEP, SIDE ROCK & CROSS, POINT, BEHIND, 1/4 TURN TO L, STEP L, STEP R

1 Step R forward
2&3 Side rock L. RF recover, LF cross over RF
4 RF point to R side
5&6 RF cross behind LF, 1/4 turn to L with LF forward, RF forward(9:00)
7&8 LF toe, LF heal, LF forward

SECTION 2: MAMBO, 1/2 TURN TO R, FULL TURN TO R, FORWARD, POINT, BACK, SHUFFLE 3/4 TURNING TO L

1&2 RF forward, LF recover, 1/2 turn to R with RF forward(3:00)
3&4 1/2 turn to R with LF back, 1/2 turn to R with RF forward, Step LF forward
5-6 RF forward point, Step RF backward
7&8 LF shuffle while 3/4 turning to L(6:00)

SECTION 3: SIDE ROCK, RECOVER, CROSS BEHIND, SIDE, CROSS SHUFFLE WITH SWEEP, CROSS, 1/4 TURN TO L WITH BACKWARD, SIDE ROCK, 1/4 TURN TO L WITH RECOVER, COASTER STEP

1&2& RF side rock, LF recover, RF cross behind LF, LF side
3&4 RF cross over LF, RF side, RF cross over LF and LF sweep from back to front
5& LF cross over RF, 1/4 turn to L with RF backward(3:00)
6-7 LF side rock, 1/4 turn to L with RF recover(12:00)
8&1 LF backward, RF closed LF, LF forward

SECTION 4: KICK, REPLACE, SIDE TOUCH, REPLACE, SIDE TOUCH, REPLACE, SIDE TOUCH, COASTER STEP, 1/4 TURN TO L WITH PIVOT

2& RF forward kick, RF recover
3&4& LF side touch, LF replace and foot change, RF side touch, RF replace and foot change
5-6&7 LF side touch, LF backward, RF closed LF, LF forward
8& RF forward, 1/4 turn to L with LF recover(9:00)

RESTART

On the 3rd & 6th wall, you will dance to 16 counts and start again.

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