

Lost in the Middle of Nowhere

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Guy Dubé (CAN) - March 2019
音乐: Lost in the Middle of Nowhere (feat. Becky G) - Kane Brown



Note : Special thanks to Nathalie Paquet for the music choice..
Intro: 8 comptes.

[1-8] RUMBA BOX, COASTER STEP, STEP-LOCK-STEP

1&2 Step R to side, step L together R, step R forward
3&4 Step L to side, step R together L, step L back
5&6 Step R back, step L together R, step R forward
7&8 Step L forward, cross step R behind heel L, step L forward

[9-16] 1/4 TURN L and MAMBO SIDE, MAMBO SIDE, 2X (COASTER KICK TOGETHER)

1&2 1/4 turn to left and rock step R to side, recover on L, step R together L
3&4 Rock step L to side, recover on R, step L together R
5&6& Step R back, step L together R, kick R forward, step R together L
7&8& Step L back, step R together L, kick L forward, step L together R

Restarts : At the 3rd (face to 6:00) and 6th repetition (face to 9:00) do the first 16 counts and Restart the dance from the beginning.

[17-24] WALK-WALK-HITCH in 1/4 TURN R, CROSS-BEHIND-SIDE, CROSS SHUFFLE, MAMBO CROSS

1&2 Walk R,L forward flexing your knees, releasing do 1/4 turn right in hitching knee R
3&4 Cross R over L, step L back, step R to side
5&6 Cross L over R, step R to side, cross L over R
7-8 Rock side R, recover on L, cross step R over L

[25-32] 1/4 TURN R STEP BACK, 1/4 TURN R SIDE CROSS, MAMBO SIDE CROSS, MAMBO SIDE STEP FWD, STEP, PIVOT 1/2 TURN L, 1/4 TURN L TOUCH TOGETHER

1&2 1/4 turn to right and step L back, 1/4 turn to right and step R to side, cross step L over R
3&4 Rock step R, recover on L, cross step R over L
5&6 Rock side L, recover on R, step L forward
7&8 Step R forward, pivot 1/2 turn to left, 1/4 turn to left with toe touch together L

REPEAT AND HAVE FUN !