

# EZ Lost in the Middle of Nowhere

COPPERKNOB  
STEPSHEETS

拍数: 32      墙数: 4      级数: Improver  
编舞者: K. Sholes (USA) & Shirley Blankenship (USA) - September 2019  
音乐: Lost in the Middle of Nowhere (feat. Becky G) - Kane Brown



---

## Section 1: Step, Rock, Recover X4

1&2 3&4      Step on R, Rock L back, Recover R, Step on L, Rock R back, Recover L,  
5&6 7&8      Step on R, Rock L back, Recover R, Step on L, Rock R back, Recover L.

## Section 2: Shuffle, Walk (X3) or spin, Mambo, Coaster

1&2 3&4      Step R forward, Step L next to R, Step R forward, Walk LRL forward,  
5&6 7&8      Rock R forward, Recover L, Step R back, Step LR back, Step L forward.

## Section 3: Hip rolls, Side Mambo X2

1&2 3&4      Roll hips LRL, Rock R to side, Recover L, Step R next to L,  
5&6 7&8      Roll hips RLR, Rock L to side, Recover R, Step L next to R.

## Section 4: Step, 1/4 Pivot, Cross Rock, Recover, Cross X3

1&2 3&4      Step R forward, Pivot 1/4 left, Cross R over L, Rock L to side, Recover R, Cross L over R,  
5&6 7&8      Rock R to side, Recover L, Cross R over L, Rock L to side, Recover R, Cross L over R.

**Begin Again! It's All About Fun!**

**Restart: Wall #3 (6:00) after Section #2**

---