

Lost Amor

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Daniel Whittaker (UK) - September 2019
音乐: Lost in the Middle of Nowhere (Spanish Remix) - Kane Brown & Becky G.



Start dance: 5 second intro \ 8 count intro

Restart: Dance first 16 counts on walls 3 and wall 6 and then restart from the beginning

[1-8] Mambo step, modified coaster cross rock step, quick cross rock side rock

1 Step right foot forward 12:00
2&3 Rock left foot forward, recover weight on right, step left foot back 12:00
4&5 Step right foot back, close left beside right, rock right over left 12:00
6&7 Recover weight on left, step right to right side, cross rock left over right 12:00
&8& Recover weight on right, side rock left to left side, recover weight on right foot 12:00

[9-16] Behind, rock step, behind rock step , ½ turn cross shuffle

1 Step left behind right 12:00
2&3 Rock right to right side, recover weight on left, step right behind left 12:00
&4& Rock left to left side, recover weight on right, step left behind right 12:00
5 Make ¼ turn right stepping right foot forward 03:00
6& Step left foot forward make ¼ turn right 06:00
7&8 Cross left over right, step right to right side, cross left over right 06:00

***Restart here on walls 3 and 6**

[17-24] Step touch back, behind step ¼ turn left, point & point, behind and cross

1&2 Step right to right diagonal, touch left beside right, step left foot back 07:00
3&4 Step right behind left, make ¼ turn left stepping left foot forward, step right foot forward 03:00
5&6 Touch left toe forward, touch left toe beside right, touch left toe to left side 03:00
7&8 Step left behind right, step right to right side, step left over right 03:00

[25-32] Side close back, chasse ¼ turn, step ½ turn, Full turn

1&2 Step right to right side, step left beside right, step right foot back 03:00
3&4 Chasse left making ¼ turn left stepping L-R-L 12:00
5&6 Step right forward, ½ turn left, step right forward 06:00
7&8 Make ½ turn right stepping left back, make further ½ turn right stepping right forward, step left forward (or simply shuffle forward L-R-L) 06:00

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