

Lost

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Chris Mann (AUS) - October 2019
音乐: Lost (feat. Clean Bandit) - End of the World : (Album: Lost - Single)



Start after 32 counts (approx. 16 sec), with weight on left (intro ends on the lyrics "throw my heart in the frost").

[1-6] Rock forward, back, ball heel, hold ball cross, sweep

1, 2 Rock forward on right, replace weight back on left
&3, 4 Step right beside left and tap left heel forward, hold
&5, 6 Step left beside right, step right across left and sweep left around to front

[7-10] Jazz box cross

7, 8 Step left across right, step right back
1, 2 Step left beside right, step right across left

[11-16] Side, behind ball cross, point, back, point

3, 4& Step left to side, step right behind left, step left to side
5, 6 Step right across left, point left to side
7, 8 Step left back, point right to side

[17-20] Cross kick ball change, ¼ turn kick ball change

1&2 Kick right foot across left, step onto ball of right, change weight to left
3&4 (*) Turn ¼ left and kick right foot forward, step onto ball of right, change weight to left
(Wall 10: Restart facing back wall)

[21-26] Rock forward, back, 1 ½ turn, shuffle forward

5, 6 Rock forward on right, replace weight back on left
7, 8 Turn ½ right and step forward on right, turn ½ right and step back on left
1&2 Turn ½ right and shuffle forward stepping right, left, right

[27-32] Rock forward, back, ½ turn, hold, full turn

3, 4 Rock forward on left, replace weight back on right
5, 6 Turn ½ left and step forward on left, hold
7, 8 Turn ½ left and step back on right, turn ½ left and step forward on left

[32] Repeat dance facing new wall (dance moves counter-clockwise)

This sheet is correct as of October 11, 2019.
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