

Lost In The Moment

拍数: 48 墙数: 4 级数: Improver
编舞者: Lesley Stewart (SCO) - November 2019
音乐: I Loved Her First - Heartland



Intro 24 count intro start on vocals

Restarts On wall 3 & 7 dance up to count 24 then restart the dance. On wall 5 dance up to count 36 and restart the dance****

RIGHT DIAGONAL STEP KICK, COASTER STEP

1-2-3 Step forward on left (right diagonal), kick right forward over 2 counts
4-5-6 Step back on right, step left next to right, step forward on right

½ TURN BASIC WALTZ STEP, COASTER STEP

1-2-3 ¼ turn left stepping on left, step right next to left, ½ turn left stepping on left
4-5-6 Step back on right, step left next to right, step forward on right (now in the opposite corner)

RIGHT DIAGONAL STEP KICK, COASTER STEP

1-2-3 Step forward on left (right diagonal), kick right forward over 2 counts
4-5-6 Step back on right, step left next to right, step forward on right

½ TURN BASIC WALTZ STEP, COASTER STEP

1-2-3 ¼ turn left stepping on left, step right next to left, ½ turn left stepping on left
4-5-6 Step back on right, step left next to right, step forward on right*****

LEFT TWINKLE, RIGHT TWINKLE ¼ TURN

1-2-3 Cross step left over right, step right to next to left, step left in place
4-5-6 Cross step right over left, ¼ turn right stepping back on left, step right next to left

LEFT TWINKLE, RIGHT TWINKLE ¼ TURN

1-2-3 Cross step left over right, step right next to left, step left in place
4-5-6 Cross step right over left, ¼ turn right stepping back on left, step right next to left*****

CROSS SIDE BEHIND, LARGE STEP DRAG

1-2-3 Cross step left over right, step right to right side, step left behind right
4-5-6 Large step right side, drag left to right over 2 counts

¼ TURN LEFT BASIC WALTZ STEP, ½ TURN BASIC WALTZ STEP

1-2-3 ¼ turn left stepping forward on left, step right next to left, step left in place
4-5-6 ¼ turn left stepping forward on right, step left next to right, ¼ turn left stepping forward on right

Start Again.....Happy Dancing.....