

Lost With Me

拍数: 64 墙数: 4 级数: Intermediate
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音乐: Lost - Blake Rose



Intro: 16 Counts

[1-8] Rock Fwd, Recover, & Step Fwd, Knee Pop, & Step Fwd R+L, Mambo Right Fwd

1-2 Step (Rock) right forward, recover weight back onto left
&3 Close right next to left, step left fwd
&4 Pop both knees forward (raise both heels), put both heels down
&5-6 Close left next to right, step right fwd, step left fwd
7&8 Step right fwd, recover weight back onto left, step right back

[9-16] Back Left, Drag, & Cross Shuffle, Side Rock, Recover, Sailor ¼ Turn Right

1-2 Take a big step back with left, drag right next to left (no weight on right)
&3 Step right down, cross left over right
&4 Step right to right, cross left over right
5-6 Step (Rock) right to right, recover weight back onto left
7&8 Cross right ¼ right behind left, step left to left, step right slightly fwd (3.00)

[17-24] Rock Fwd, Recover, & Toe Touches, & Cross Right, Unwind ½ Left, Shuffle Left Fwd

1-2 Step (Rock) left fwd, recover weight back onto right
&3 Close left next to right, touch right fwd
&4 Close right next to left, touch left fwd
&5 Close left next to right, step right across left
6 Unwind ½ left (weight ends on right) (9.00)
7&8 Step left fwd, close right next to left, step left fwd

[25-32] Side Rock, Recover, Behind-Side-Cross, Side Rock, Recover, Behind, ¼ Right Fwd, Step Fwd

1-2 Step (Rock) right to right, recover weight back onto left
3&4 cross right behind left, step left to left, step right across left
5-6 Step (Rock) left to left, recover weight back onto right
7&8 Cross left behind right, step right ¼ right fwd, step left fwd (12.00)

Restart here in wall 2 (9.00)& 5 (3.00)

[33-40] Step, ½ Left, Lockstep ½ Left Back, ¼ Left Side, Drag, Cross Shuffle

1-2 Step right fwd, ½ turn left
3&4 ¼ left stepping right back, step left across right, ¼ left stepping right back
5-6 ¼ left stepping left aside, drag right next to left (weight on the left) (9.00)
&7 Close right next to left, step left across right
&8 Step right to right, step left across right

[41-48] Side Rock (Sway) ,Behind, Side, Step, ½ Right, Step, ¾ Spiral Right

1-2 Step (sway) right to right, recover weight back onto left
3&4 Cross right behind left, step left to left, step right fwd
5-6 Step left fwd, ½ right on both feet
7-8 Step left fwd, ¾ spiral turn left

[49-56] Side, Hold & Step R + L Fwd, Anchor Step Right, Coaster Step

1-2 Step right to right, hold
&3-4 Close left next to right, step fwd with right+ left

5&6 Cross right slightly behind left, recover weight onto left, recover weight onto right
7&8 Step left back, close right next to left, step left fwd

[57-64] Step, ½ Turn left with Sweep, Behind, Side, Cross, Monterey ¼ Right, Hitch

1-2 Step right fwd, ½ turn left sweeping left behind right
3&4 Cross left behind right, step right to right, cross left over right
5-6 Point right to right, ¼ turn right, close right next to left
7-8 Point left to left, close left next to right and hitch right at the same time (9.00)

Last Update - 8 April 2021
