

Lost In The Rhythm

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Improver
编舞者: YoungSoon Song (KOR) - June 2021
音乐: Lost in the Rhythm (feat. Octavia Rose) - Jamie Berry



Start after 32counts (00:17)

Restart: After 16counts at wall4

S1: FORWARD, KICK, BACK, TOGETHER, CLAP, SLOW SWIVEL WALK X2, SWIVEL WALKING X3

1-2 RF Step Forward(1), LF Kick Forward(2)
&3-4 LF Step Backwards(&), RF Together(3), Clap(4)
5-6 RF Swivel Walk Forward(5), LF Swivel Walk Forward(6)
7&8 RF Swivel Walking Forward(7), LF Swivel Walking Forward(&), RF Swivel Walking Forward(8)

S2: TWIST R, TWIST L

1-2 BF Twist Heel R(1), Twist Toe R(2)
3&4 Twist Heel R(3), Twist Toe R(&), Twist Heel R(4)
5-6 BF Twist Heel L(5), Twist Toe R(6)
7&8 Twist Heel L(7), Twist Toe R(&), Twist Heel L(8)

S3: JAZZ BOX, TOGETHER, JAZZ BOX with FLICK, CROSS OVER

1-2 RF Cross Over(1), LF Step Back(2)
3-4 RF Step R(3), LF Together(4)
5-6 RF Cross Over(5), LF Step Back(6)
7-8 RF Step Right side with LF Flick(7), LF Cross Over(8)

S4: STEPPING R, L, R, L, TOGETHER WITH JUMP X3 3/4 TURN R, JUMP FORWARD WITH FLICK, FORWARD

1-2 RF Stepping R in place(1), LF Stepping L in place(2)
3-4 RF Stepping R in place(3), LF Stepping L in place(4)
5&6 BF Together with Jump 1/4 Turn R(3:00)(5), BF Jump 1/4 Turn R(6:00)(&), BF Jump 1/4 Turn R(9:00)(6)
7-8 RF Jump Forward with LF Flick(7), LF Step Forward(8)