

Done Being Lost

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Hiroko Carlsson (AUS) - July 2021
音乐: Done Being Lost (feat. Sarah Aleyda) - WinWel : (Spotify)



(32 counts intro)

[S1] Right NC Step, Side-Rock Turn 1/4R-Fwd, Right NC Step, Side-Together-Side Rock

1 2& Step R to the side, Rock R slightly behind L, Replace weight on L
3&4 Rock L to the side, Make a 1/4 turn right recover weight on R, Step forward on L (3:00)
5 6& Step R to the side, Rock R slightly behind L, Replace weight on L
7&8& Step L to the side, Step R next to L, Rock L to the side, Recover weight on R

[S2] Cross, 1/4R, Sailor 1/4R-Cross Rock, 1/8L Fwd w/ Sweep, Cross-Side, Back w/Sweep, 1/8R-1/4R

1 2 Cross L over R, Make a 1/4 turn left stepping back on R (12:00)
3& Make a 1/4 turn left stepping L behind R, Step R beside L (9:00)
4& Rock L across R to the corner (10:30), Recover weight on R (9:00)
5 6& Make a 1/8 turn left stepping forward on L/sweeping R around L, Cross R over L, Step L to the side (7:30)
7 8& Step back on R/sweeping L around R, Make a 1/8 turn right stepping back on L (9:00), Make a 1/4 turn right stepping forward on R (12:00)

[S3] Step-Pivot 1/2R, Paddle Turn R-Fwd Rock, 1/4L, Lift, Cross Touch-Unwind 1/2L, Run-Run

1 2 Step forward on L, Make a 1/2 turn right recover weight on R (6:00)
3&4& Step forward on L, Make a 1/4 turn right recover weight on R, Rock forward on L, Recover weight on R (9:00)
5 6 Make a 1/4 turn left stepping forward on L, Lift R foot forward (6:00)
7 Cross R over L and make a 1/2L swift turn on R foot (12:00)
8& Run forward on L-R

[S4] Fwd Rock, Side Rock-Behind-Side Rock, Behind, 1/4L-Pencil 1/2L w/ Touch

1 2 Rock forward on L, Recover weight on R
3&4 Rock L to the side, Recover weight on R, Step L behind R
&5 6 Rock R to the side, Recover weight on L, Step R behind L
7 8 Make a 1/4 turn left stepping forward on L (9:00), Make a further 1/2 pencil turn left on L ball touching R next to L (3:00)

No tags or restarts

Ending suggestion: Dance up to count 16& (9:00), make a 1/4 turn right stepping L to the side (12:00)

Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)
(updated: 21/July/21)