Lost and Found



拍数: 36 墙数: 4 级数: Beginner 编舞者: Marianne van der Toorn Vrijthoff (NL) - March 2022 音乐: Lost and Found (feat. Joe Nichols) - Dolly Parton



Intro: 20 counts

Sec 1: R-Side, Behind	. 1/4 Turn-R.	1/4 Turn-R-Hitch	. Side	. Behind. Side.	Touch

1 2 RF. Step to R-side – LF. Cross behind RF -

3 4 RF. 1/4 turn R, step fwd – LF. 1/4 turn R, hitch (6.00)

5 6 LF. Step to L-side - RF. cross behind LF

7 8 LF. Step to L-side – RF. Touch

Sec 2: Step Diag fwd, Touch, Step Diag backw, Touch, Step Diag Backw, Touch, Step Diag fwd, Touch

1 2 RF. Step diagonal R-fwd – LF. Touch toe next to RF
3 4 LF. Step diagonal L-backw – RF. Touch toe next to LF
5 6 RF. Step diagonal R-backw – LF. Touch toe next to RF
7 8 LF. Step diagonal L-fwd – RF. Touch toe next to LF

Sec 3: Step fwd, 1/4 Turn-L, Step fwd, Hold, Step fwd, 1/4Turn-R, Step fwd, Hold

1 2 3 4 RF. Step fwd – LF. 1/4 Turn L - RF. step fwd – hold (3.00) 5 6 7 8 LF. Step fwd – RF. 1/4 turn R – LF. Step fwd – hold (6.00)

Sec 4: Figure of 8 1 2 RF. Step to R-side – LF. Cross behind RF

3 4 RF. 1/4 turn R, step fwd – LF. Step fwd (9.00)

Fr. 1/2 turn R, step fwd – LF. 1/4 turn R, step to L-side (6.00)

RF. Cross behind LF – LF. 1/4 turn L, step fwd (3.00) *Restartpoint

Rocking Chair

1 2 3 4 RF. Step fwd – LF recover – LF. Step backw – RF. Recover (3.00)

Start again!

Restart: in wall 5, after count 32

Tag: end of wall 6, extra Rocking Chair (4 counts)

Restart: in wall 7, after 16 counts, then do Rocking Chair and start over

Restart: in wall 8, after 32 counts

Tag: end of wall 9, extra Rocking Chair (4 counts)

Contact: mvdtoornvrijthoff@gmail.com