

# Lost In The Sound

COPPER KNOB  
STEPSHEETS

拍数: 32                      墙数: 4                      级数: Beginner  
编舞者: Paul James (UK) - February 2023  
音乐: Kill the Lights (with Nile Rodgers) - Alex Newell & DJ Cassidy



Intro – 32 Counts

Tag – 8 Counts at the end of Wall 1. Restart – After count 16 on Wall 12

## [1–8] Hitch, Step, Touch, Step x 2

1, 2                      Hitch R Knee (1) Step RF next to LF (2)  
3,4                      Touch L Toe back (3) Step LF next to RF (4)  
5,6                      Hitch R Knee (5) Step RF next to LF (6)  
7,8                      Touch L Toe back (7) Step LF next to RF (8)

**\*Optional Rolling Arms Demo'd On Video\***

## [9–16] ¼ Box Step, V Step

1,2                      Step RF to R corner (1) Step LF to L corner  
3,4                      Make ¼ turn R stepping RF to R (3) Step LF next to RF (4)  
5,6                      Step RF to R corner, Step LF to L corner (6)  
7,8                      Step RF back in place (7) Step LF next to RF (8)

**\*Restart dance here on Wall 12\***

## [17–24] Weave R, Hip Bumps x 4 (Lifting Arms)

1,2                      Step RF to R (1) Cross LF behind RF (2)  
3,4                      Step RF to R (3) Cross LF over RF (4)  
5                          Step RF to R Bumping R Hip – lifting arms, hands start at hip height  
6,7,8 3                      more hip bumps to R – Continue lifting arms outwards, to up.

## [25–32] Side, Cross, Side, Kick Ball Step, Together, Heel Bounces.

1,2                      Step LF to L (1) Cross RF over LF (2)  
3,4                      Step LF to L (3) Kick RF forward (4)  
&5,6                      Step RF down (&) Step LF forward (5) Step RF next to LF (6)  
7,8                      Bounce the heels x 2 (7,8)

## Tag – Switches x 4, Toe Struts x 2

1&                      Touch R Toe in place (1) Step RF in place (&)  
2&                      Touch L Toe in place (2) Step LF in place (&)  
3&                      Touch R Toe in place (3) Step RF in place (&)  
4&                      Touch L Toe in place (4) Step LF in place (&)  
5,6                      Step R Toe forward (5) Drop R heel (6)  
7,8                      Step L Toe forward (7) Drop L heel (8)

Demo Video Available Soon On YouTube Account – cudgeecoo

Follow Me On Instagram/Twitter - cudgeecoo

Happy Dancing : )