

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

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Happy Dancing :)