

Totally Lost

拍数: 32 墙数: 4 级数: Intermediate - Novelty
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音乐: Lost - Frank Ocean : (iTunes)



Intro: 20 counts. Approx. 11 seconds.

Sect – 1 Back with Drag. Ball $\frac{1}{4}$ Cross. $\frac{1}{4}$. Step $\frac{1}{2}$ Turn. Kick Ball Touch.

1 – 2 Step back on RF dragging LF to RF (1). Continue dragging LF (2).
& 3 – 4 Ball Step LF next to RF. (&). Turn $\frac{1}{4}$ R cross RF over LF (3). {3:00} Turn $\frac{1}{4}$ L stepping forward on LF (4). {12:00}
5 – 6 Step forward on RF (5). Turn $\frac{1}{2}$ L placing weight on LF (6). {6:00}
7 & 8 Kick RF forward (7). Ball step RF next to LF (&). Touch LF next to RF (8).

Sect – 2 Side Rock. Behind Side Cross. $\frac{1}{4}$. Back. Out Out, In In.

1 – 2 Rock to L on LF (1). Recover on RF (2).
3 & 4 Step LF behind RF (3). Step to R on RF (&). Cross LF over RF (4).
5 – 6 Turn $\frac{1}{4}$ L stepping back on RF (5). Step back on LF (6). {3:00}
& 7 & 8 Step out to R on RF (&). Step out to L on LF (7). Step in on RF (&). Close LF next to RF (8).

Sect – 3 Apple Jacks. Heel Grind. Ball Cross. $\frac{1}{4}$ Back. Back.

1 & 2 & With weight on L toe and R heel, swivel L heel and R toe to R (1). Return to center (&).
 Change weight to R toe and L heel and swivel R heel and L toe to L (2). Return to center (&).
3 & 4 With weight on L toe and R heel, swivel L heel and R toe to R (3). Return to center (&).
 Change weight to R toe and L heel and swivel R heel and L toe to L, placing the weight on LF (2).
5 – 6 & Grind R heel forward (5), Step to L on LF (2), step RF next to LF (&).
7 & 8 Cross LF over RF (7). Turn $\frac{1}{4}$ L stepping back on RF (&). Step back on LF (8). {12:00}

Sect – 4 Back with Body Roll. Heel. Shuffle Forward. Jazz Box $\frac{1}{4}$ Hitch.

1 – 2 Step back on RF rolling body back (1). Touch L heel forward (2).
3 & 4 Step forward on LF (3). Close RF next to LF (&). Step forward on LF (4).
5 – 6 & Cross RF over LF (5). Turn $\frac{1}{4}$ R stepping back on LF (6). Step to R on RF (&). {3:00}
7 – 8 Step forward on LF (7). Hitch R knee forward (8).

Have fun!