

Lost

拍数: 32 墙数: 2 级数: Improver
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音乐: Lost - Brushwood



SYNCOPATED VINE TO THE LEFT

1-2 Step left to left side, step right behind left
3-4 Step left to right side, cross right over left
5-6 Rock left to left side, recover on right
7&8 Cross left over right, step quickly with right to right side, cross left over right

SYNCOPATED VINE TO THE RIGHT

1-2 Step right to right side, step left behind right
3-4 Step right to right side, cross left over right
5-6 Rock right to right side, recover on left
7&8 Cross right over left, step quick with left to left side, cross right over left

FORWARD STEP, ½ TURN TO THE RIGHT, ½ TURNING SHUFFLE TO THE RIGHT, ROCK STEP, RECOVER, ½ TURNING SHUFFLE TO THE LEFT

1-2 Step forward on left, step right making ½ turn to the right
3&4 Step left making ¼ turn to the right, step right making ¼ turn to the right, step forward on left
5-6 Rock back on right, recover on left
7&8 Step right making ¼ turn to the left, step left making ¼ turn to the left, step back on right

ROCK STEPS, RECOVER STEPS, FORWARD SHUFFLE, COASTER STEP

1-2 Rock back on left, recover on right
3&4 Shuffle forward left, right, left
5-6 Rock forward on right, recover on left
7&8 Step back on right, step back on left, step forward on right

REPEAT
