

Lost 'n' Found

拍数: 64 墙数: 1 级数: Intermediate/Advanced
编舞者: William Sevone (UK)
音乐: Chain Reaction - Paul Brandt



ROCK FORWARD, BACKWARD SHUFFLE WITH CROSS STEP, UNWIND ½ LEFT

1-2 Rock forward onto right foot, recover onto left
3&4 Step right foot back, step left foot next to right, cross right foot over left
5 Unwind ½ turn left (transfer weight to right foot)

ROCK FORWARD, BACKWARD SHUFFLE WITH CROSS STEP, UNWIND ½ RIGHT

6-7 Rock forward onto left foot, recover onto right
8&9 Step left foot back, step right foot next to left, cross left foot over right
10 Unwind ½ turn right (transfer weight to left foot)

SHUFFLE FORWARD, ROCK FORWARD, BACKWARD 1 & ¼ TURN LEFT, 2X SAILOR SHUFFLE

11&12 Right shuffle forward (right, left-right)
13 Rock forward onto left foot & scuff/clap hands, left down-right up
14 Recover onto right foot & scuff/clap hands, left up-right down
15-17 Moving backward turn 1 & ¼ turns left (left, right, left,)
18&19 Step right foot behind left, step left foot to side, step right foot to place
20&21 Step left foot behind right, step right foot to side, step left foot to place

3X FORWARD CROSS STEP, SIDE TOUCH, FORWARD CROSS STEP, 3X SCOOT-HIP PUSHES

22-23 Step right foot forward across left, touch left toe to side
24-25 Step left foot forward across right, touch right toe to side
26-27 Step right foot forward across left, touch left toe to side
28 Step left foot forward across right
29 Scoot or bunny hop left foot backwards & push hips to the right
30 Scoot or bunny hop right foot backwards & push hips to the left
31 Scoot or bunny hop left foot backwards & push hips to the right

¼ RIGHT, COASTER STEP, HOLD

32 With a ¼ turn right on ball of left foot - step right foot back
&33 Step left foot next to right and step right foot forward
34 Hold

SHUFFLE FORWARD, STEP FORWARD, ROCK, BACKWARD 1 & ¼ TURNS RIGHT, 2X SAILOR SHUFFLE

35&36 Left shuffle forward (left, right-left)
37 Step forward onto right foot & scuff/clap hands, left down-right up
38 Rock back onto left foot & scuff/clap hands, left up-right down
39-41 Moving backward turn 1 & ¼ turns right (right, left, right,)
42&43 Step left foot behind right, step right foot to side, step left foot to place
44&45 Step right foot behind left, step left foot to side, step right foot to place

3X FORWARD CROSS STEP, SIDE TOUCH, FORWARD CROSS STEP, 3X SCOOT-HIP PUSHES

46-47 Step left foot forward and across right, touch right toe to side
48-49 Step right foot forward and across left, touch left toe to side
50-51 Step left foot forward and across right, touch right toe to side
52 Step right foot forward and across left

- 53 Scoot or bunny hop right foot backwards & push hips to the left
54 Scoot or bunny hop left foot backwards & push hips to the right
55 Scoot or bunny hop right foot backwards & push hips to the left

¼ LEFT, COASTER STEP, HOLD

- 56 With a ¼ turn left on ball of right foot- step left foot back
&57 Step right foot next to left and step left foot forward
58 Hold

SHUFFLE FORWARD, FORWARD FULL TURN RIGHT, SHUFFLE FORWARD

- 59&60 Right shuffle forward (right, left-right)
61-62 Stepping forward onto left foot turn ½ right, stepping backward onto right foot turn ½ right
63&64 Left shuffle forward (left, right-left)

REPEAT
