

Lost In A Feeling

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 1 级数: Improver
编舞者: Chris Cleevely (UK)
音乐: Lost In a Feeling - Claudia Church



DIAGONAL RIGHT CHASSE; DIAGONAL LEFT CHASSE; HIP BUMPS

- 1&2 On right diagonal, step right, left, right
3&4 On left diagonal, step left, right, left
5-6 Hip bumps right, hip bumps left (moving body down & up)
7&8 Hip bumps right, left, right

Optional hand movements

- 5-8 Cross wrists with fists clenched at chest level, slightly away from chest

LEFT SAILOR STEP; FULL TURN; MODIFIED KICK BALL CHANGE; STEP RIGHT, CROSS LEFT BEHIND

- 9&10 Step left behind right, step right to side, step left in place
11-12 Step back on right, make ½ turn right, step forward on left, make ½ turn right (or walk back right, left)
13&14 Kick right foot forward, step back on right, step left in place
15-16 Step right, cross left behind (bending knees slightly)

Optional hands

- 15-18 Cross hands behind, below waist

RIGHT ¼ TURN SHUFFLE; RIGHT ½ TURN; LEFT SHUFFLE; STEP RIGHT, CROSS LEFT BEHIND

- 17&18 Make ¼ turn shuffle right, stepping right, left, right
19-20 Step forward on left and make ½ turn right
21-22 Shuffle forward left, right, left
23&24 Step right, cross left behind (bending knees slightly)

RIGHT ¼ TURN SHUFFLE; 2 X FORWARD KICKS; MODIFIED ROCK STEP (CHARLIE); RIGHT KICK BALL CHANGE

- 25&26 Make ¼ turn shuffle right, stepping right, left, right
27-28 Kick left foot forward, kick right foot forward
29-30 Step back on right, leaning into step, push weight up onto left
31-32 Kick right foot forward, step on right, step left in place

REPEAT
