

Lost In The Shuffle

拍数: 60 墙数: 2 级数: Intermediate
编舞者: Warren Mitchell (AUS)
音乐: Lost In the Shuffle - Michael Peterson



- 1-2-3&4 Step right forward, lock left behind right; shuffle forward (right, left, right)
5-6-7&8 Step left forward, lock right behind left; shuffle forward (left, right, left)
- 1-2 Step right forward, pivot ½ left
3-4-5&6 Step right forward, lock left behind right; shuffle forward (right, left, right)
7-8 Step left forward, pivot ½ right
- 1&2 Cha-cha on spot (left, right, left)
3-4-5&6 Step right to right, shuffle across right (left, right, left); step right to right
7-8&1-2 Step left to left, shuffle across left (right, left, right); step left to left
- 3&4 Step right behind left, step left to left, cross right over left
5-6 Rock left to left, rock right to right (swaying hips)
7-8 Rock left to left, rock right to right (swaying hips)
- 1-4 Step left forward, point right to right, step right forward, point left to left
5-8 Step left forward, pivot ¼ right; step left forward, pivot ¼ right
- 1-4 Step left forward, point right to right; step right forward, point left to left
5&6-7-8 Shuffle back (left, right, left); rock back right, rock forward left
- 1&2-3-4 Shuffle forward (right, left, right) turning ½ left, rock back left, rock forward right
5-6&7&8 Step left forward, pivot ½ right (brush right in front of left leg), jump feet apart (right, left);
jump feet together (right, left)
- 1-4 Half Monterey turn right; half Monterey turn right

REPEAT

TAG

On third wall (second time facing front wall) do the following

- 1-2-3&4 Stomp right forward diagonally right, stomp left forward diagonally left, stomp right forward
diagonally right, pop left knee forward, pop right knee forward
5-8 Hold for 4 beats