

Lost In The Shuffle

拍数: 32 墙数: 2 级数: contra dance
编舞者: Peter Metelnick (UK)
音乐: Lucky Me, Lucky You - Lee Roy Parnell



RIGHT SIDE SHUFFLE, ¼ LEFT & ROCK & RECOVER, LEFT FORWARD SHUFFLE, KICK FORWARD TWICE

1&2 Step right foot to right side, step left foot together, step right foot to right side
3-4 Pivot ¼ left on left foot and rock back on left foot, recover weight on right foot
5&6 Step left foot forward, step right foot together, step left foot forward
7-8 Kick right foot forward twice

RIGHT SIDE SHUFFLE, CROSS ROCK & RECOVER, LEFT SIDE SHUFFLE, CROSS ROCK & RECOVER

1&2 Step right foot to right side, step left foot together, step right foot to right side
3-4 Cross left foot over right and rock forward, recover weight on right foot
5&6 Step left foot to left side, step right foot together, step left foot to left side
7-8 Cross right foot over left and rock forward, recover weight on left foot

¼ RIGHT & FORWARD SHUFFLE, LEFT FORWARD, ½ RIGHT PIVOT TURN, LEFT DIAGONAL STEP TOUCH & CLAP

1&2 Step right foot to right side turning ¼ right, step left foot forward, step right foot forward
3-4 Step left foot forward, pivot ½ right (weight ends on right foot)
5-6 Step left foot forward on a left diagonal, touch right foot together and clap hands with the person to your left
7-8 Step right foot back on a right diagonal, touch left foot together & clap

LEFT DIAGONAL STEP TOUCH & CLAP, BASIC LEFT & CLAP

1-2 Step left foot forward on a left diagonal, touch right foot together and clap hands with the person to your left
3-4 Step right foot back on a right diagonal, touch left foot together
5-6 Step left foot to left side, step right foot together
7-8 Step left foot to left side, touch right foot together & clap

REPEAT
