

Lost In The Shuffle (P)

COPPER KNOB
STEPSHEETS

拍数: 56 墙数: 0 级数: Partner
编舞者: Ann Williams (UK)
音乐: Lost In The Shuffle - Monty Holmes



Position: Start with man facing LOD, Lady on man's right facing RLOD. No Hand Hold

ROCK, RECOVER, TRIPLE ½ TURN, ROCK, RECOVER, TRIPLE ½ TURN

- 1-4 **MAN:** Step and rock forward on right, recover back onto left, triple step on the spot stepping right, left, right making ½ turn right to face RLOD
 LADY: Step and rock forward on right, recover back onto left, triple step on the spot stepping right, left, right making ½ turn right to face LOD
- 5-8 **MAN:** Step and rock forward on left, recover back onto right, triple step on the spot stepping left, right, left, making ½ turn left to face LOD
 LADY: Step and rock forward on left, recover back onto right, triple step on the spot stepping left, right, left, making ½ turn left to face RLOD

Join right hands inside

MAN: ROCK, RECOVER, SHUFFLE, ROCKING CHAIR / LADY: STEP, PIVOT, SHUFFLE ½ TURN, ROCK, RECOVER, STEP, PIVOT

- 9-12 **MAN:** Step and rock back on right, recover forward onto left, right shuffle forward
 LADY: Step right forward, pivot ½ turn left to face LOD, right shuffle making ½ turn left to face RLOD

Raise right hands over lady's head as she turns

- 13-16 **MAN:** Step and rock forward on left, recover back onto right, step and rock back on left, recover forward onto right
 LADY: Step and rock back on left, recover forward onto right, step left forward, pivot ½ turn right to face LOD

Rejoin left hands in right side by side position

STEP, BRUSH, SHUFFLE, STEP, BRUSH, SHUFFLE

- 17-20 Step left forward, brush right forward, right shuffle forward
21-24 Step left forward, brush right forward, right shuffle forward

CROSS, BACK, ¼ TURN, POINT, ¼ TURN, ¼ TURN, BEHIND, POINT

- 25-28 Step and cross left over right, step right back, turn ¼ left stepping left to left side, point right to right side

Release left hands, raise right over lady's head and touch left hands in Reverse Indian Position

- 29-30 Turn ¼ right stepping right forward, turn ¼ right stepping left to left side

Raise right hands over lady's head, rejoin left hands over lady's left shoulder in Indian Position

- 31-32 Step and cross right behind left, point left to left side, '

STEP, POINT, STEP, POINT, ROCK, RECOVER, COASTER ¼ TURN

- 33-36 Step left forward, point right to right side, step right forward, point left to left side
37-38 Step and rock forward on left, recover back onto right
39&40 Swing left around making ¼ turn left and step left back, step right beside left, step left forward

Now facing LOD, in Right Side By Side Position, (Sweetheart)

STEP, LOCK, SHUFFLE, STEP, LOCK, SHUFFLE

- 41-44 Step right forward, step and lock left behind right, right shuffle forward
45-48 Step left forward, step and lock right behind left, left shuffle forward

ROCK, RECOVER, TRIPLE ½ TURN, STEP, PIVOT, (LADY ROCK) TRIPLE STEP

49-52 Step and rock forward on right, recover onto left, triple step right, left, right, making ½ turn right to face RLOD

Release left hands, raise right

53-54 **MAN:** Step left forward, pivot ½ turn right

LADY: Step and rock forward on left, recover onto right

55&56 Triple step left, right, left on the spot

Lower right hands to waist height and release hands

REPEAT
