

Lost My Heart

COPPER KNOB
BY STEPHENETS

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Lizzie Clarke (SCO)
音乐: Lost My Heart In Oklahoma - Kevin Fowler



RIGHT SIDE SHUFFLE ROCK RECOVER, LEFT SIDE SHUFFLE, ROCK RECOVER

1&2-3-4 Right shuffle to right side - right, left, right, rock back left recover on right
5&6-7-8 Left shuffle to left side - left, right, left, rock back right, recover on left

STEP, KICK BALL STEP, STEP, ROCK RECOVER & SWITCH & SWITCH

1-2&3-4 Step forward right, left kick ball step, step forward left
5-6&7&8 Rock forward right, recover on left & step right beside left, touch left heel forward & step left beside right & touch right heel forward

& STEP RIGHT, TOUCH LEFT TOE, HEEL, TOE, KICK & CROSS UNWIND ½ LEFT, LEFT COASTER STEP

&1-2-3-4 Quickly step right beside left, touch left toe to right instep, touch left heel to right instep, touch left toe to right instep, kick left foot diagonally left
&5-6-7&8 Quickly step left beside right, cross right over left & unwind ½ turn left, step back left & step right beside left, step forward left

STEP PIVOT ¼ LEFT, CROSS SHUFFLE, ROCK SIDE RECOVER, ¼ RIGHT SAILOR STEP

1-2-3&4 Step forward right, pivot ¼ left, cross shuffle - right, left, right
5-6-7&8 Rock left to left side, recover on right, cross step left behind right, turn ¼ right, step left in place

STEP RIGHT HOLD & SIDE & SIDE, ROCK, RECOVER, ¼ LEFT SHUFFLE

1-2&3&4 Step right to right side, hold & step right to side & right to side
5-6-7&8 Rock forward left, recover right, turn ¼ left shuffle forward-left, right, left

ROCK RECOVER, TRIPLE ¾ RIGHT, HEEL & TOUCH, TURN ¼ LEFT HEEL & TOUCH

1-2-3&4 Rock forward right, recover left, triple ¾ right stepping-right, left, right
5&6&7&8 Touch left heel forward & step left beside right & touch right toe beside left & turn ¼ left stepping back on right & touch left heel forward & step left beside right & touch right toe beside left

STEP FORWARD RIGHT & SWING, ½ LEFT & CLICK, STEP DOWN ON LEFT & SWING ½ RIGHT & CLICK, ¾ RIGHT WALK AROUND TURN

1-2 Step forward right, swing turn ½ left touching left forward (keep weight on right) & click fingers
3-4 Step down on left, swing turn ½ right, touching right forward (keep weight on left) & click fingers
5-6-7-8 Walk around ¾ right, stepping right, left, right, left

STEP PIVOT ½ LEFT, RIGHT SHUFFLE FORWARD, JAZZ BOX ½ TURN LEFT, TOUCH

1-2-3&4 Step forward right, pivot ½ turn left, shuffle forward-right, left, right
5-6-7-8 Cross left, step back right, turn ½ left, touch right beside left

REPEAT