

Lost My Way (Without You)

拍数: 56 墙数: 2 级数: Intermediate
编舞者: Luke van der Meer (AUS)
音乐: Without You - The Chicks



- 1-3 Step right foot forward, step left foot forward, step right foot forward
4 Pivoting $\frac{1}{2}$ left, taking weight onto left foot
5-7 Step right foot forward, step left foot forward pivoting $\frac{1}{4}$ right taking weight onto right foot
8 Step/cross left foot over right
- 1-2 Step right foot to the right side, slide left foot beside right
3&4 Shuffle to the left side, stepping left, right, left
5-6 Step right foot to the right side, slide left foot beside right
& Stepping left foot back turning $\frac{1}{4}$ right (to face front wall)
7-8 Rock back onto right foot, rock weight forward onto left foot
- 1-2 Rock right foot forward, rock weight back onto left foot
3-4 Turning $\frac{1}{2}$ back right step right foot forward, step left foot forward
5-6 Pivoting $\frac{1}{2}$ right, taking weight onto right foot, step left foot forward
7-8 Step right foot forward pivoting $\frac{1}{2}$ left, taking weight onto left foot
- 1&2 Shuffle forward right, stepping right, left, right
3-4 (Full turn) step left foot forward turning $\frac{1}{2}$ right, step right foot back turning a further $\frac{1}{2}$ back right
5 Step left foot out to the left side
6-7 Cross/step right foot over left foot unwind $\frac{1}{2}$ left taking weight onto left foot
8 Kick right foot forward
- 1-2 Step right foot out to the right side pushing hips to the right side, push hips to the left side
3-4 Push hips to the right, push hips to the left side
5-6 Step right foot forward pivoting $\frac{3}{4}$ left, taking weight onto left foot
7&8 Shuffle to the right side, stepping right, left, right
- 1-3 Step left foot behind right foot, step right foot to the right side, cross/step left foot over right
4 Step right foot out to the right side
5-6 Step left foot to the left side turning $\frac{1}{4}$ left, spin a full turn left stepping on right foot
7&8 Shuffle forward left stepping left, right, left
- 1-2 Step right foot forward pivoting $\frac{1}{4}$ left, taking weight onto left foot
&3 Sliding right foot together beside left, step left foot out to the left side
4 Rock weight back onto right foot
&5 Sliding left foot together beside right, step right foot out to the right side
6 Rock weight back onto left foot
&7 Sliding right foot together beside left, step left foot turning $\frac{1}{4}$ left
8 Scuff right foot beside left

REPEAT
