

Lost Shuffle

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Nancy Morgan (USA)
音乐: Lost In the Shuffle - Michael Peterson



HEEL CROSS HEEL, TOE IN, TAP HEEL ¼ TURN TO YOUR RIGHT, STOMP, ½ TURN

- 1-2-3 Put right heel forward, cross right over left, put right heel forward
4-5-6 Touch right toe to left instep, turn ¼ turn to right and put right heel forward, stomp right forward
7-8 Step left foot forward, turn ½ turn to your right

HEEL CROSS HEEL, TOE IN, TAP HEEL ¼ TURN TO YOUR LEFT, STOMP, ½ TURN

- 1-2-3 Put left heel forward, cross left over right, put left heel forward
4-5-6 Touch left toe to right instep, turn ¼ turn to left and put left heel forward, stomp left forward
7-8 Step right foot forward, turn ½ turn to your left (weight is on right)

STEP HITCH, STEP HITCH, STEP HITCH, SWIVEL, SWIVEL ¼ TURN

- 1-2 Step left to left side, lift right foot over left knee and hop on left forward
3-4 Set right foot down (shoulder width), lift left foot over right knee and hop on right forward
5-6 Step left to left side, lift right foot over left knee and hop on left forward
7-8 Set left foot down as you turn both feet from right to left making a ¼ turn left

SHUFFLE FORWARD, STEP ¾ TURN, SIDE SHUFFLE LEFT, COASTER STEP

- 1&2 Shuffle forward - right, left, right
3-4 Step left forward, turn ¾ turn to your right
5&6 Side shuffle to left - left, together, left
7&8 Step back right, step back left, step forward right

TOUCH HOLD, AND TOUCH AND TOUCH AND CROSS HOLD, TURN HOLD

- 1-2 Touch left toe out to left side, clap
&3 Put left next to right as you put you touch right toe out to right side
&4 Put right next to left as you put you touch left toe out to left side
&5-6 Put left next to right as you cross right over left, clap
7-8 Turn ½ turn to your left, clap

GRIND, COASTER STEP, GRIND WITH ¼ TURN, COASTER STEP

- 1-2 Grind right heel from left to right
3&4 Step back on your right, back on left, forward on right
5-6 Grind left heel ¼ turn to your left from right to left
7&8 Step back on your left, back on right, forward on left

REPEAT
