

# Lost Without U

拍数: 48      墙数: 2      级数: Intermediate  
编舞者: Adrian Lefebour (AUS)  
音乐: Lost Without You - Delta Goodrem



## SIDE (DRAG LEFT) BEHIND, SIDE CROSS SIDE, SIDE (DRAG RIGHT) BEHIND ¼, ROCK REPLACE

1-2&      Step right to right side dragging left toe towards right, step left behind right, step right to right  
3-4      Cross left over right, step right to right  
5-6&      Step left to left side dragging right toe towards left, step right behind left, step left ¼ left  
7-8      Rock right to right side, replace weight back on left

## CROSS ROCK STEP, CROSS ROCK STEP, ½ PIVOT TURN STEP FORWARD, ¼ CROSS SHUFFLE

1&2      Cross rock right over left, rock back onto left, step right to right side  
3&4      Cross rock left over right, rock back onto right, step left to left side  
5&6      Step right forward ½ pivot turn left, step right forward  
7&8      ¼ cross shuffle to right stepping left-right-left

## ROCK REPLACE STEP ½ TURN, TURN LEFT-RIGHT-LEFT, STEP LOCK STEP, ½ PIVOT TURN STEP

1&2      Rock right to right, replace weight back on to left, step right forward for ½ turn  
3&4      Step left into ½ over right shoulder, step right into ½ turn, step left forward  
5&6      Step right forward, lock left behind right, step right forward  
7&8      Step left forward ½ pivot turn right, step left forward

## STEP TOGETHER STEP TWICE, ROCK REPLACE ½ TURN, TURN LEFT-RIGHT-LEFT

1&2&      Step right forward on 45 degree angle, step left next to right, step right slightly forward, touch left next to right  
3&4&      Step left forward on 45 degree angle, step right next to left, step left slightly forward, touch right next to left  
5&6      Rock forward on right, replace weight back on left, step right into a ½ turn  
7&8      Step left into ½ over right shoulder, step right into ½ turn, step left forward

## SWEEP RIGHT THEN LEFT, ½ PIVOT TURN STEP, SWEEP LEFT THEN RIGHT, ½ PIVOT TURN STEP

1-2      Sweep right step right down, sweep left step left down  
3&4      Step right forward ½ pivot turn left, step right forward  
5-6      Sweep left step left down, sweep right step right down  
7&8      Step left forward ½ pivot turn right, step left forward

## SIDE TOUCH KICK STEP, CROSS SIDE TOUCH KICK, STEP CROSS SIDE TOUCH, BIG STEP TO LEFT DRAG TOUCH (ANGLE WHEN DOING THE TOUCH KICKS)

1&2&      Step right to right, touch left next to right, kick left in 45 degree angle, step left down next to right  
3&4&      Cross right over left, step left to left, touch right next to left, kick right in 45 degree angle  
5&6&      Step right down next to left, cross left over right, step right to right side, touch left next to right  
7-8      Big step left - step left to left while dragging right, touch right next to left

## REPEAT

## RESTART

On wall 5, restart dance after ¼ left cross shuffle (which is after the first 16 beats - you should be facing the front wall)