

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)