

Lost Without You

COPPER KNOB
BY STEPHEN

拍数: 48 墙数: 4 级数: Intermediate waltz
编舞者: Pam Scott (USA)
音乐: Time to Remember - Boney M.



STEP RIGHT, TOGETHER, CROSS, STEP LEFT, TOGETHER, CROSS

- 1-3 Stride right on the right, step together and slightly behind with the left, cross step right over left
4-6 Stride left on the left, step together and slightly behind with the right, cross step left over right

STEP RIGHT, ½ TURN LEFT, CROSS, SIDE ROCK, RECOVER, CROSS

- 1-3 Stride right on the right, ½ turn to the left stepping on the left down the line of dance, cross step right over left (you are now facing the back wall)
4-6 Side rock left, recover on the right, cross step left over right

STEP, DRAG, TOUCH, ¼ STEP LEFT, FULL TURN

- 1-3 Stride right on the right, drag the left toe to the right foot, hold
4-6 Step ¼ left with left, full turn left - 2 counts

FORWARD RIGHT COASTER, STEP BACK, TOUCH, TURN TWIST RIGHT

- 1-3 Stride forward on the right, step together with the left, step back on the right
4-6 Stride back on the left, touch the right toe near the left instep, with weight on the left foot and right toe, twist a ½ turn to the right keeping weight on the left foot (you will end up with your right foot slightly crossed over the left)

RIGHT STEP FORWARD, FULL RIGHT TURN, LEFT STEP FORWARD, FULL LEFT TURN

- 1-3 Stride forward on the right, full right turn (down line of dance) - 2 counts
4-6 Stride forward on the left, full left turn (down line of dance) - 2 counts

CROSS LUNGE, RECOVER, ½ TURN RIGHT, LOCK STEP FORWARD

- 1-3 Forward cross lunge on the right, recover on the left, ½ turn right stepping on the right
4-6 Stride forward on the left, step lock right behind left, step forward on the left

When doing a waltz lock step, turn the upper body slightly so that the shoulder is aligned with the foot leading the lock step

CROSS LUNGE, RECOVER, ¼ TURN RIGHT, LEFT TWINKLE

- 1-3 Forward cross lunge on the right, recover back on the left, step ¼ turn to the right
4-6 Cross stride left over right, step on the right, step back down on the left

RIGHT TURNING TWINKLE, CROSS, STEP, BEHIND

- 1-3 Cross stride right over left, step back on the left into a ¼ turn right, step right on the right
4-6 Cross stride left over right, step right to right side, cross left behind right

REPEAT

TAG

After the 2nd wall

- 1-3 Step right with the right, cross rock left over right, recover back on the right
4-6 Step left and slightly forward with the left, step behind with the right, step left with the left
7-9 Cross rock right over left, recover back on the left, step right with the right
10-12 Cross stride left over right, step right to right side, cross left behind right

When dancing to "Captured" by Rick Tippe, omit the tag after the first wall, but then dance all 48 counts plus the tag for every wall after that

This dance is dedicated with love to my husband Cliff for our anniversary, and in great appreciation for his love, support, encouragement, and understanding of everything I do in the name of dance. Cliff, when I'm away teaching for weeks or weekends at a time, I do feel "lost without you".
