

# Loved & Lost

**COPPERKNOB**  
STEPSHEETS

拍数: 34      墙数: 4      级数: Improver  
编舞者: Neil Cordery (UK)  
音乐: Have You Ever - S Club 7



## ROCK AND TURN, STEP LOCK STEP

1&2      Rock forward on right foot, replace weight onto left, step right into  $\frac{1}{4}$  turn  
3&4      Step forward on left foot, lock right behind left, step forward on left foot  
5&6      Rock forward on right foot, replace weight onto left, step right into  $\frac{1}{2}$  turn  
7&8      Step forward on left foot, lock right behind left, step forward on left foot

## ROCK RIGHT, LEFT RIGHT, LEFT CHASSE, ROCK AND TURN, FULL TURN STEPPING LEFT, RIGHT, LEFT

9&10      Rock right to right side, replace weight onto left, rock to side on right  
11&12      Step to side on left foot, close right beside left, step to side on left  
13&14      Rock forward on right foot, replace weight onto left, step right into  $\frac{1}{2}$  turn  
15&16      Full turn traveling forward stepping left, right, left

## ROCK AND TURN, IN FRONT, SIDE, BEHIND, SWEEP, BEHIND, SIDE, IN FRONT, ROCK AND TURN

17&18      Rock forward on right, replace weight onto left, step right into  $\frac{1}{4}$  turn  
19&20&      Cross left in front of right, step right to right side, step, step left behind right, with weight on left, sweep right foot round and behind left foot  
21&22      Step weight onto right and behind left foot, step left foot to left side, cross right in front of left  
23&24      Rock forward on to left foot, replace weight on to right, step left foot into  $\frac{1}{4}$  turn

## STEP, LOCK, STEP FORWARD, ROCK LEFT, RIGHT, LEFT, RIGHT SIDE CHASSE, ROCK AND REPLACE

25&26      Step forward on right foot, lock left behind right, step forward right  
27&28      Rock left out to left side, replace weight on to right, rock left out to left side  
29&30      Step right to right side, close left up beside right, step right to right side  
31&32      Rock left behind right foot, replace weight on to right, step left beside right

## UNWIND FULL TURN

33-34      Cross right over left and unwind a full turn (weight remains on left foot)

## REPEAT