

I've Lost

拍数: 32 墙数: 4 级数: Beginner
编舞者: Craig 'n Karen (SCO)
音乐: I've Loved and Lost Again - Patsy Cline



ROCK, CROSS SHUFFLE, ROCK, CROSS SHUFFLE

1-2 Rock to right on right, recover on left
3&4 Cross right over left, step left to left side, cross right over left
5-6 Rock left to left side, recover on right
7&8 Cross left over right, step right to right side, cross left over right

¾ TURN LEFT, RIGHT SHUFFLE FORWARD, STEP LEFT, ¼ TURN RIGHT, CROSS SHUFFLE

9-10 Step right to right side making ¼ turn left, pivot ½ left on right stepping down on left
11&12 Step forward right, step left beside right, step forward right
13-14 Step forward left, pivot ¼ turn right (weight on right)
15&16 Cross left over right, step right to right side, cross left over right

CHASSE RIGHT, ROCK BACK LEFT, ROCK FORWARD LEFT, ½ TURN LEFT SHUFFLE

17&18 Step right to right side, close left next to right, step right to right side
19-20 Rock back onto left, recover on right
21-22 Rock forward on left, recover back on right
23&24 ½ turn left stepping left right left

ROCK, ¾ TURN RIGHT SHUFFLE, ROCK, COASTER STEP

25-26 Rock forward onto right, recover on left
27&28 ¾ turn right stepping right, left right
29-30 Rock forward on left, recover on right
31&32 Step left back, step right foot to left foot, step forward left

REPEAT
