

# I've Been Lost

**COPPER** KNOB  
STEPSHEETS

拍数: 32      墙数: 4      级数: Intermediate  
编舞者: Christien van Londen (NL) - January 2009  
音乐: Loving You Makes Me A Better Man - Vince Gill : (Album: For Love of the Game)



**Intro: 16 counts intro, start on vocals.**

**Side, Rock, Recover, Side Shuffle, Press Ball, Sweep, Behind, Side, Cross.**

1                      Step left to left side  
2-3                  Rock back on right, recover on left  
4&5                  Step right to right side, step left next to right, step right to right side  
6-7                  Step left forward (press ball), recover on right sweeping left around  
8&1                  Step left behind right, step right to right side, cross left over right

**Make 1/2 Turn, Step Back, Step Lock Step, Side, Behind, Step Lock Step.**

2-3                  Turn ½ right (weight on left), step back on right  
4&5                  Step forward on left, lock right behind left, step forward on left  
6-7                  Step right to right side, step left behind right  
8&1                  Step forward on right, lock left behind right, step forward on right

**Rock, Recover, Hitch, Coaster Step, Point, 1/4 Turn, Step Lock Step.**

2-3&                Rock forward on left, recover on right, hitch left knee  
4&5                  Step back on left, step right next to left, step forward on left  
6-7                  Point right toe out to right, turn ¼ right on left foot (now right toe points forward)  
8&1                  Step forward on right, lock left behind right, step forward on right

**Step, 1/2 Turn, Step Lock Step, Step, 1/2 Turn, Sweep, Rock, Recover.**

2-3                  Step forward on left, turn ½ right (change weight on right)  
4&5                  Step forward on left, lock right behind left, step forward on left  
6-7                  Step forward on right, turn ½ left on right foot, sweeping left around  
8&                    Rock back on left, recover on right

**REPEAT**

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