

Lost

拍数: 32 墙数: 4 级数: Beginner
编舞者: Eng Wei Siang (MY) - October 2012
音乐: Lost - Bruno Mars : (Unreleased Song)



Intro: 32 counts

Sec 1: Funky Walk X2, Cross Samba, Cross Rock Step X2

1-2 Funky walk R foot forward, funky walk L foot forward 12.00
3&4 Cross R foot over L foot, step L foot to L side while rocking/thrusting hips to L side, step R foot in place 12.00
5&6 Cross rock L foot over R foot, recover weight on R foot, step L foot to L side 12.00
7&8 Cross rock R foot over L foot, recover weight on L foot, step R foot to R side 12.00

Sec 2: Heel Grind ¼ Turn L, Coaster Step, Snake Walk, Kick Ball Change

1-2 Touch L heel forward, turn/swivel L heel on the ground and turn L toes to ¼ L 9.00
3&4 Step L foot back, step R foot beside L foot, step L foot forward 9.00
5-6 Skate R foot to R diagonal, skate L foot to L diagonal (Travelling forward) 9.00
7&8 Kick R foot forward, step R foot in place, step L foot in place *** 9.00

Sec 3: (Tap, Hitch, Coaster Step) X2

1-2 Tap R toes beside L foot, hitch R foot up 9.00
3&4 Step R foot back, step L foot beside R foot, step R foot forward 9.00
5-6 Tap L toes beside R foot, hitch L foot up 9.00
7&8 Step L foot back, step R foot beside L foot, step L foot forward 9.00

Sec 4: Jazz Box ½ Turn R, Rocking Chair, Run X4

1-2 Cross R foot over L foot, turn ¼ R stepping L foot back 12.00
3-4 Turn ¼ R stepping R foot forward, step L foot forward 3.00
5&6& Rock R foot forward, recover weight on L foot, rock R foot back, recover weight on L foot 3.00
7&8& Run forward on R foot, run forward on L foot, run forward on R foot, run forward on L foot (Knees bending down) 3.00

Restart (**): On wall 4, dance up to count 16, and start again.

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