

Lost Generation

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: High Intermediate
编舞者: Vikki Morris (UK) - August 2013
音乐: Lost Generation - Rizzle Kicks : (Single)



Start: 16 counts on the word "Lost"

Prissy Walk Right, Left, Right Lock Step, Left Rock Recover, Left Lock Step Back

- 1 2 Cross step forward Right over Left, Cross step forward Left over Right
- 3&4 Step forward Right, Lock Left behind Right (&), Step forward Right
- 5 6 Rock forward Left, Recover on Right (Optional clap hands 3 times on walls 4 & 9)
- 7&8 Step back Left, Lock Right across Left (&), Step back Left

Touch Unwind ½ Turn Right, ¼ Turn Right, Drag Right, Right Sailor Step, Left Behind Side Cross 1/8 Turn Right

- 1 2 Touch Right toe back, Unwind ½ turn Right (6 o'clock)
- 3 4 Turn ¼ turn Right as you step large step to Left side, Drag Right up to Left (9 o'clock)
- 5&6 Cross Right behind Left, Step Left to left side (&), Step Right to Right side
- 7&8 Cross Left behind Right, Step Right to Right side(&), Cross Left over Right as you turn 1/8 turn Right(10.30)

Right Press, Recover, Back Sweep x3, Dip, Left Flick, Left Samba Step 1/8 Turn Left

- 1 2 Press Right forward, Recover on Left as you sweep Right out and around
- 3 4 Step back on Right as you sweep Left out and around, Step back on Left as you sweep Right out and around
- 5 6 Cross Right behind Left (in step of Right should be behind Left Heel) as you bend both knees, stand up with weight on Right and brush Left behind and flick up to Left side
- 7&8 Cross Left over Right, Rock Right to Right Side (&), Step Left to Left side turning 1/8 turn Left (9 o'clock)

Right Cross, Left Ronde Hitch 1/8 Turn Right, Left Step Flick Right, Back Right Hook Left, Step Left Scuff Hitch Right 5/8 Turn Left, Dip, Stand Up

- 1 2 Cross Right over Left, Hitch Left as you turn 1/8 Turn Right on ball of right (10.30)
- 3 4 Step forward Left as you low flick Right back behind Left, Step back on Right as you low hook Left across Right
- 5&6 Step forward Left, Scuff Right(&), Hitch Right as you turn 5/8 turn Left on ball of Left (3 o'clock)
- 7 8 With weight on both feet bend knees, Stand up (straight legs) as you push bottom out (weight now on Left)

(Optional Salute with Right arm at the end of wall 7)

Start again & SMILE

Contact - Email; gypsyncowgirl@blueyonder.co.uk