

Lose Yourself In The Rhythm

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Alison Metelnick (UK) & Peter Metelnick (UK) - August 2016
音樂: I Wanna Dance With You - Stephanie Urbina Jones



Intro: Start after 16 Count, approx. 7 secs – 152bpm

Section 1: R Side Rock/Recover, R Back Rock/Recover, ½ L Hinge, Cross Hold

1-4 Rock R side, recover weight on L, rock R back, recover weight on L
5-8 Turning ¼ left step R back, turning ¼ left step L side, cross step R over L, hold (6 o'clock)

Section 2: L Side Rock/Recover, ¼ L Back Rock/Recover, L Fwd, R Fwd, ½ L Pivot Turn, R Fwd

1-2 Rock L side, recover weight on R
3-4 Turning ¼ left rock L back, recover weight on R (3 o'clock)
5-8 Step L forward, step R forward, pivot ½ left, step R forward (9 o'clock)

Section 3: Slow Mambos: L Fwd, Hold, R Fwd Rock/Recover, R Back, Hold, L Back Rock/Recover

1-4 Step L forward, hold, rock R forward, recover weight on L
5-8 Step R back, hold, rock L back, recover weight on R

Section 4: Step ¼ L Into Serpiente

1-2 Step L forward, sweeping R from back to front turn ¼ left on L (6 o'clock)
3-4 Cross step R over L, step L side

Wall 9 Ending: Dance 28 counts bringing you to front wall add the following:

Step back on R, cha cha cha L/R/L to beat of music

5-6 Cross step R behind L, sweep L from front to back
7-8 Cross step L behind R, step R side

Section 5: L Cross Step, Hold, R Side, L Together, R Back, Hold, L Side, R Together

1-4 Cross step L over R, hold, step R side, step L together

Wall 5 Restart: During wall 5 facing back wall, Restart after 36 counts

5-8 Step R back, hold, step L side, step R together

Section 6: L Side, Hold, R Cross Rock/Recover, R Side, Hold, L Cross Rock & Recover

1-4 Step L side, hold, cross rock R over L, recover weight on L

Wall 7 Tag / Restart:

During wall 7 facing back wall, add 4 count Tag after 44 counts and Restart facing Front wall

Tag 1-4: Step R side, step L forward, pivot ½ R, step L forward

5-8 Step R side, hold, cross rock L over R, recover weight on R

Section 7: L Fwd, ½ L Hitch, R Cross Walk Hold, L Cross Walk Hold, R Fwd Rock/Recover

1-2 Step L forward, hitching R up turn ½ left on L (12 o'clock)
3-6 Cross step R forward, hold, cross step L forward, hold
7-8 Rock R forward, recover weight on L

Section 8: R Back, L Touch, L Step, Hold, R Fwd, ½ L Pivot Turn, R Fwd, L Together

1-4 Step R back, touch L slightly forward of R, step L down, hold
5-8 Step R forward, pivot ½ left, step R forward, step L together

Tag: At end of Wall 2, facing front wall, do the following 4 count Tag

1-2 Sway R, hold
3-4 Sway L, hold

