

Lost On You

COPPERKNOB
BY STEPHEN

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Gitte Plöger (DK) - June 2019
音樂: Lost on You - LP : (iTunes)



Intro: 32 count, start on vocals - No Tags or Restarts !

Sec 1: HEEL GRIND, ¼ TURN RIGHT, BEHIND SIDE CROSS, SIDE ROCK/ RECOVER, BEHIND SIDE CROSS

- 1 – 2 Step fwd on R heel (1) twist R heel to right side (R toe is pointing to right side) while making ¼ turn right stepping L to left side (2) (3:00)
3 & 4 Cross R behind L (3) step L to left side (&) cross R over L (4)
5 – 6 Rock on L to left side (5) recover on R (6)
7 & 8 Cross L behind R (7) step R to right side (&) cross L over R (8)

Sec 2: & CROSS, POINT, SAILOR ¼ TURN RIGHT, STEP PIVOT ½ TURN RIGHT, SHUFFLE FWD

- &1 Step R to right side (&), cross L over R (1)
2 Point R toe to right side (2)
3 & 4 Cross R behind L making ¼ turn right (3) step L beside R (&) step fwd on R (4) (6:00)
5 – 6 Step fwd on L (5) Pivot ½ turn right (6)
7 & 8 Step L fwd (7) step R next to L (&) step fwd on L (8) (12:00)

Sec 3: VAUDEVILLE X 2, & CROSS SHUFFLE, SIDE ROCK/RECOVER

- 1 & 2 Cross R in front on L (1) step L to left side (&) touch R heel fwd to right diagonal (2)
&3&4 Step R next to L (&) cross L in front of R (3) step R to right side (&) touch L heel fwd to left diagonal (4)
&5&6 step L next to R (&) cross R over L (5) step L to left side (&) cross R over L (6)
7 – 8 rock L to left side (7) recover on R (8) (12:00)

Sec 4: SAILOR 1/4 TURN LEFT, STEP PIVOT 1/2 TURN LEFT, STEP 1/4 TURN LEFT STEPPING R TO RIGHT SIDE, CROSS LEFT IN FRONT OF R MAKING 1/4 TURN LEFT, STEP BACK ON R, ROCK BACK ON L, RECOVER ON R

- 1 & 2 Cross L behind R making ¼ turn left (1) step R next to L (&) step fwd on L (2) (9:00)
3 – 4 Step fwd on R (3) pivot ½ turn left (4) (3:00)
5 & 6 Step 1/4 left stepping R to right side (5) Cross L in front of R (&) Step back on R (6)
7 – 8 Rock back on L (7) recover on R (8) (9:00)

Sec 5: TOUCH ¼ PADDLE RIGHT X 2, STEP, TOUCH ¼ PADDLE LEFT X2, STEP, MAMBO STEP

- 1&2& Touch L toe fwd (1), make ¼ turn right (&), touch L toe fwd (2) make ¼ turn right (&)
3 Step L fwd (3) (3:00)
4&5& Touch R toe fwd (4) make ¼ turn left (&) touch L toe fwd (5) make ¼ turn left (&)
6 Step R fwd (6) (9:00)
7 & 8 Rock fwd on L (7) recover on R (&), step back on left (8) (9:00)

Sec 6: BACK SWEEP X 2, ½ TURN SHUFFLE RIGHT, STEP, ¼ TURN PIVOT RIGHT, CROSS & HEEL, STEP TOGETHER

- 1 – 2 Sweep R back (1) sweep L back (2)
3 & 4 Step 1/4 turn right stepping R to right side (3) step L next to R (&) step ¼ turn right stepping R fwd (3:00)
5 – 6 Step L fwd (5) pivot ¼ turn right (6) (6:00)
7 & 8 & Cross L in front of R(7), step R to right side, (&)touch L heel fwd to left diagonal (8)Step L next to R (&) (Weight is on L) (4:30)

SEC 7: STEP LOCK, STEP, SCUFF x 2 TO R&L DIAGONAL, R FWD MAMBO STEP, BACK SWEEP x 2 L&R

- 1&2& Step R fwd to right diagonal (1), lock L behind R (&) step R fwd to right diagonal (2) Scuff L heel fwd to left diagonal (&)
- 3&4& Step L to left diagonal (3) lock R behind L (&) step L fwd to left diagonal (4) Scuff R heel to right diagonal (&)
- 5 & 6 Rock R fwd(5) recover on L (&) step back on R (6)
- 7 – 8 Sweep L back (7) Sweep R back (8) (4:30)

SEC 8: 1/2 TURN LEFT, 1/4 TURN LEFT, SAILOR 1/4 TURN LEFT, STEP, 1/2 TURN RIGHT, SAILOR STEP, STEP TOGETHER.

- 1 – 2 Step ½ turn left stepping L fwd (1) (10:30) step ¼ turn left stepping R to right side (2) (6:00)
- 3 & 4 Cross L behind R making ¼ turn left(3) step R next to L (&) step L to left side(4)(3:00)
- 5 – 6 Step R fwd (5) make ½ turn right stepping back on L (6) (6:00)
- 7&8& Cross R behind L (7) step L to left side (&), step R fwd (8) Step L next to R (&)(9:00)

Start again and enjoy!!

Ending: Wall 6: starts facing (9:00)

Dance count: 1- 16 then step R fwd drag L slowly over 3 counts, step L fwd, drag R slowly over 3 counts, cross R over L, unwind ¾ turn left slowly over 4 count to face 12:00

Contact: gittebisgaard174@gmail.com

Last Update - 15 Jan. 2020 -R3
