

EZ Lost in the Middle of Nowhere

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: K. Sholes (USA) & Shirley Blankenship (USA) - September 2019
音樂: Lost in the Middle of Nowhere (feat. Becky G) - Kane Brown



Section 1: Step, Rock, Recover X4

1&2 3&4 Step on R, Rock L back, Recover R, Step on L, Rock R back, Recover L,
5&6 7&8 Step on R, Rock L back, Recover R, Step on L, Rock R back, Recover L.

Section 2: Shuffle, Walk (X3) or spin, Mambo, Coaster

1&2 3&4 Step R forward, Step L next to R, Step R forward, Walk LRL forward,
5&6 7&8 Rock R forward, Recover L, Step R back, Step LR back, Step L forward.

Section 3: Hip rolls, Side Mambo X2

1&2 3&4 Roll hips LRL, Rock R to side, Recover L, Step R next to L,
5&6 7&8 Roll hips RLR, Rock L to side, Recover R, Step L next to R.

Section 4: Step, 1/4 Pivot, Cross Rock, Recover, Cross X3

1&2 3&4 Step R forward, Pivot 1/4 left, Cross R over L, Rock L to side, Recover R, Cross L over R,
5&6 7&8 Rock R to side, Recover L, Cross R over L, Rock L to side, Recover R, Cross L over R.

Begin Again! It's All About Fun!

Restart: Wall #3 (6:00) after Section #2
