

Lost in the Rhythm

COPPER KNOB
BY STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Jérôme Ciurana (FR) - February 2020
音樂: Lost in the Rhythm (feat. Octavia Rose) - Jamie Berry



Déscriptif : 16 counts from the beginning or 8 sec do the dance at the end - CW rotation.

Music 3 min : 32 counts from beginning or 16sec do 3 wall complete and the 16 first counts (change incluse) {4MF9H} then do the dance at the end

[1-8] CHARLESTON STEP X 2

1-2 RIGHT toe forward, Step RIGHT beside left
3-4 LEFT toe back, Step LEFT beside right
5-6 RIGHT toe forward, Step RIGHT beside left
7-8 LEFT toe back, Step LEFT beside right

[9-16] STEP 1/2 TURN LEFT, RIGHT SHUFFLE FORWARD, ROCK STEP , SWEEP X2

1-2 Step RIGHT forward, Pivot 1/2 turn left [6H]
3&4 Step RIGHT forward, Step LEFT next to right, Step RIGHT forward {shuffle}
5-6 Step LEFT forward, Recover weight to RIGHT {rock step}
7 Sweep LEFT from forward to back and step LEFT back
8 Sweep RIGHT from forward to back and step RIGHT back

Change : Change count 8 with Touch RIGHT beside left

[17-24] SWEEP, HITCH RIGHT, RIGHT SHUFFLE FORWARD, ROCK STEP, COASTER STEP

1 Sweep LEFT from forward to back and step LEFT back
2 Hitch RIGHT {hitch}
3&4 Step RIGHT forward, Step LEFT next to right, Step RIGHT forward {shuffle}
5-6 Step LEFT forward, Recover weight to RIGHT {rock step}
7&8 Step LEFT back, Step RIGHT beside left, Step LEFT forward {coaster step}

[25-32] STEP 1/4 TURN LEFT, CROSS SHUFFLE, ROCK STEP SIDE, BEHIND SIDE CROSS

1-2 Step RIGHT forward, Turn 1/4 turn left [3H]
3&4 Cross RIGHT over left, Step LEFT to left side, Cross RIGHT over left
5-6 Step LEFT to left side, Recover weight to RIGHT {rock step}
7&8 Cross LEFT behind right, Step RIGHT to right side, Cross LEFT over right {behind side cross}

LOST IN THE RHYTHM !!!!!!!

Les références des heures ne valent que sur le premier mur

Association spirit of country :

spiritofcountry@hotmail.fr

<http://club.quomodo.com/spiritofcountry/bienvenue.html>