

Lost

拍數: 32 牆數: 4 級數: High Beginner
編舞者: Heru Tian (INA) - March 2021
音樂: LOST - (G)I-DLE



Intro : 32 Counts

***Restart On Wall 5 After 16c

(01-08) Section 1: R Fwd Shuffle- L, R Walk- L Fwd Kick- L Side Kick- L Sailor Step

1&2 Step Rf Fwd (1), Step Lf Together (&), Step Rf Fwd (2)
3-4 Walk Lf Fwd (3), Walk Rf Fwd (4)
5-6 Kick Lf Fwd (5), Kick Lf To Side (6)
7&8 Sweep Lf Behind Rf (7), Step Rf Beside Lf (&), Step Lf To Side (8) Angle Body To 10.30

(09-16) Section 2: R Cross- Hold- L Scissors Step- R Touch Bump R, L, R-L Behind- R 1/4 Turn R Fwd- L Fwd

1-2 Cross Rf Over Lf (1), Hold (2)
3&4 Step Lf To Side (3), Step Rf Together (&), Cross Lf Over Rf (4)
5&6 Touch Rf To Side, Push Hip To Right (5), Push Hip To Left (&), Step Rf To Side, Push Hip To Right (6)
7&8 Cross Lf Behind Rf (7), Make A ¼ Turn R Step Rf Fwd (&), Step Lf Fwd (8) Facing 3.00

***Restart On Wall 5 After 16c (Facing 3.00)

(17-24) Section 3: R Rock Fwd- Recover-R Back Shuffle- L Rock Back- Recover- L, R Touch Switches

1-2 Rock Rf Fwd (1), Recover On Lf (2)
3&4 Step Rf Back (3), Step Lf Together (&), Step Rf Back (4)
5-6 Rock Lf Back (5), Recover On Rf
7&8 Touch Lf Fwd (7), Lf Together (&), Touch Rf Fwd (8)

(25-32) Section 4: R 1/4 Paddle Turn L- R 1/4 Paddle Turn L-R Jazz Box- L Together

1-2 Step Rf Fwd (1), Make A ¼ Pivot Turn L, Roll Your Hip (2)
3-4 Step Rf Fwd (3), Make A ¼ Pivot Turn L, Roll Your Hip (3)- Facing 9.00
5-8 Cross Rf Over Lf (5), Step Lf Behind (6), Step Rf To Side (7), Step Lf Together (8)

Start Again...

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