

Lost

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Frédéric Marchand (FR) - 21 March 2021
音樂: Lost - Jonathan Roy



Intro : 8 Counts - Start 1 beat after the lyrics - Body weight on the Right foot

Séquence: 32 - 32 - 32 - 32 - 8TAG - 16R - 32 - 15

Style : NIGHT CLUB

S1: ROCK STEP BACK LEFT, RECOVER, 1/4 TURN RIGHT, 1/4 TURN RIGHT WITH NIGHT CLUB BASIC RIGHT, DIAGONAL STEP LEFT FWD, STEP RIGHT FWD, 1/2 TURN LEFT, STEP RIGHT FWD, FULL TURN RIGHT

- 1 Rock Step Back Left (angle body to front L diagonal) (1)
- 2&3 Recover Weight on Right (2) - Make 1/4 turn Right step Left Back (&) [03 o'clock] - Make 1/4 turn Right with Big step Right to Right side (3) [06 o'clock]
- 4&5 Close Left next to Right foot (3rd Position) (4) - Cross Right over Left (&) - Make 1/8 turn Left stepping Left Fwd (5) [04:30]
- 6&7 Step Right Fwd (6) - 1/2 Turn Left (&) - Step Right Fwd (Weight Ends On Right) (7) [10:30]
- 8& Make 1/2 turn Right step Left Back (8) [04:30] - Make 1/2 turn Right step Right Fwd (&) [10:30]

S2: STEP LEFT FWD WITH HITCH RIGHT, STEP BACK RIGHT, STEP BACK LEFT, SLIDE RIGHT 1/8 TURN RIGHT, BEHIND LEFT, STEP RIGHT 1/4 TURN RIGHT, SIDE LEFT 1/4 TURN RIGHT, CROSS ROCK STEP RIGHT, RECOVER LEFT, SLIDE RIGHT, SWAY LEFT AND RIGHT

- 1 Step Left Fwd (Weight Ends On Left) & Raise Right Knee (1)
- 2&3 Step Right Back (2) - Step Left Back (&) - Make 1/8 turn Right with Big step Right to Right side (3) [12 o'clock]
- 4&5 Step Left behind Right (4) - Make 1/4 turn Right step Right Fwd (&) [03 o'clock] - Make 1/4 turn Right with step Left to Left side (5) [06 o'clock]
- 6&7 Cross Right over Left (6) - Recover weight on Left (&) - Big step Right to Right side (7)
- 8& Put the weight on the Left in oscillating the upper body on the Left (8) - Recover weight on the Right in oscillating the upper body on the Right (&)

RESTART here on the wall 5 facing 12 o'clock

S3: STEP LEFT BACK WITH HITCH RIGHT, STEP RIGHT BACK WITH HITCH LEFT, STEP LEFT BACK, HOOK RIGHT, STEP RIGHT FWD, SPIRAL 3/4 TURN LEFT, 1/4 TURN LEFT STEP LEFT FWD WITH SWEEP RIGHT 1/2 TURN LEFT, NIGHT CLUB BASIC RIGHT

- 1 Step Left back whilst lifting Right knee outward (1)
- 2 Step Right back whilst lifting Left knee outward (2)
- 3&4 Step Left Back (3) - Hook Right cross over Left (&) - Step Right Fwd (4)
- 5 Make 3/4 turn Left on the Right foot finish Left crossed over Right (5) [09 o'clock]
- 6 Make 1/4 Left Step Left Fwd (Weight Ends On Left) and make a circular movement with the right leg from back to front about 1/2 of a turn to the Left (6) [12 o'clock]
- 7-8& Big step Right to Right side (7) - Close Left next to Right foot (3rd Position) (8) - Cross Right over Left (&)

S4: NIGHT CLUB BASIC LEFT, DIAMOND 1/2 TURN LEFT MODIFIED, DRAG LEFT

- 1 Big step Left to Left side (1)
- 2&3 Close Right next to Left foot (3rd Position) (2) - Cross Left over Right (&) - Big step Right to Right side (3)
- 4&5 Make 1/8 turn Left stepping Left Back (4) [10:30] - Step Right back (&) - Make 1/8 turn Left big Step Left to Left side (5) [09h00]
- 6&7 Make 1/8 turn Left stepping Right Fwd (6) [07:30] - Step Left Fwd (&) - Make 1/8 turn Left big Step Right to Right side (7) [06 o'clock]

8& Drag Left next to the Right (Weight Ends On Right) (8) (&)

TAG : here at the end of the wall 4 facing 12 o'clock

T1: STEP LEFT 1/8 TURN LEFT, STEP RIGHT 1/8 TURN LEFT, STEP LEFT 1/8 TURN LEFT, STEP RIGHT 1/8 TURN LEFT, BODY ROLL, STEP RIGHT BACK, DRAG LEFT

- 1 Step Left forward with 1/8 turn Left (1) [10:30]
- 2 Step Right forward with 1/8 turn Left (2) [09 o'clock]
- 3 Step Left forward with 1/8 turn Left (3) [07:30]
- 4 Step Right forward with 1/8 turn Left (4) [06 o'clock]
- 5-6 Start of the Body Roll, Do a wavy movement of the body from front to back with Weight Ends On Right (5-6)
- 7 End of the Body roll, Finish the Wave movement with Weight Ends On Left (7)
- 8 Step Right Back Weight Ends On Right (8)
- & Drag Left next to the Right - (Weight Ends On Right) (&)

Arm Mouvement during the Tag :

- 1-4 Lower your hands to the ground during the 4 walking steps
- 5-7 Spread the arms and close them forwards on the Body Roll

INTRO 8

- A - 32 (Start 12 o'clock - End 06 o'clock)
- A - 32 (Start 06 o'clock - End 12 o'clock)
- A - 32 (Start 12 o'clock - End 06 o'clock)
- A - 32 (Start 06 o'clock - End 12 o'clock)
- T - 08 (Start 12 o'clock - End 06 o'clock) TAG
- A - 16 (Start 06 o'clock - End 12 o'clock) RESTART
- A - 32 (Start 12 o'clock - End 06 o'clock)
- A - 15 (Start 06 o'clock - End 12 o'clock)

Start again with a smile V2-UK-FM le 21/03/2021

Contact : fred.linedance@gmail.com

Last Update - 3 April 2021
