

Lost

拍數: 64 牆數: 2 級數: Phrased Improver
編舞者: Eka Amalia (INA), Anna Bax (INA) & Nurul Qolbiah (INA) - June 2021
音樂: Lost - Maroon 5



Intro music on vocal 8 counts

Sequence : AA BB AA BB AA TAG (4 count) BB

PHRASED A

S1 : SWITCHED TOUCH (TOE - HEEL) - STOMP - SIDE TOUCH

1 - 2 - 3 - 4 Touch R toes forward, Touch R heels forward, Dropped R in place, Touch L toes to side
5 - 6 - 7 - 8 Touch L toes forward, Touch L heels forward, Dropped L in place, Touch R toes to side

S2 : SWITCHED BACKWARD & KICK - CROSS BEHIND & TOUCH

1 - 2 - 3 - 4 Step R backward, Kick L forward, Step L backward, Kick R forward
5 - 6 - 7 - 8 Cross R behind left, Touch L toes to side, Cross L behind right, Touch R toes to side

S3 : TURN ¼ RIGHT JAZZBOX - HITCH - BACK POINT - TURN ¼ RIGHT HITCH - TOUCH

1 - 2 Turn ¼ right Cross R over left, Rock L backward
3 - 4 Step R to side, Rock L forward
5 - 6 Hitch R forward, Pointed R toes backward
7 - 8 Turn ¼ right Hitch R forward, Touch R toes beside left

S4 : SWITCHED TOUCH HEEL FWD (R-L) - JAZZBOX

1 - 2 & Touch R heels forward, Hold, Close R together
3 - 4 & Touch L heels forward, Hold, Close L together
5 - 6 Cross R over left, Rock L backward
7 - 8 Step R to side, Rock L forward

PHRASED B

S1 : TOE STRUT (R - L) - SIDE ROCK - COASTER STEP

1 - 2 Touch R toes diagonal forward, Dropped R heel
3 - 4 Touch L toes cross over right, Dropped L heel
5 - 6 Rock R to side, Recover on L
7 & 8 Rock R backward, Close L together, Step R forward

S2 : TURN ¼ RIGHT PIVOT - HITCH - KICK - HOOK - ROCKIN CHAIR

1 - 2 Step L forward, Turn ¼ right weight on R (facing on 03:00)
3 - 4 Hitch L forward, Kick L forward
5 - 6 Hook L forward, Step L forward
7 - 8 Rock R forward, Recover on L

S3 : SWITCHES SIDE - SIDE HEELS (R - L) - CROSS BEHIND - SIDE POINTED - TURN ¼ RIGHT FLICK

1 - 2 - 3 - 4 Step R to side, Touch L heels to side, Dropped L heels, Touch R heels to side
5 & 6 Cross R behind left, Step L to side, Cross R over left
7 - 8 Pointed L toes to side, Turn ¼ right L flick (facing on 06:00)

S4 : ROCKIN CHAIR - TOUCH - FULL TURN RIGHT

1 - 2 Rock L forward, Recover on R
3 - 4 Rock L backward, Touch R toes beside left
5 - 6 Turn ¼ right Step R forward, Turn ½ right Step L backward
7 - 8 Turn ¼ right Step R to side, Close L together

TAG (4 counts) after wall 10 (facing on 12:00)

V STEP

1 - 2 - 3 - 4 Step R diagonal forward, Step L diagonal forward, Step R back to home/center, Step L back beside right

Enjoy your dance ♥

Thank you

For more info about song & step sheet, please contact : Anna Bax : anna.franciscusbax@gmail.com

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