

I Was Lost

拍數: 64 牆數: 2 級數: Low Intermediate
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音樂: Lost - Maroon 5



Intro : 8C

I. SIDE TOUCH, SIDE TOUCH, 1/4 TURN L AND HIP ROLL X2

1-4 Step R to right side (1), touch L to left diagonal fwd (2)
3-4 Step L to left side (3) touch R to right diagonal fwd (4)
5-6 Step R fwd (5) 1/4 turn L, step L (6)
7-8 Step R fwd (7) 1/4 turn L, step L (8)/06.00

II. WEAVE, BACK, RECOVER, BACK, RECOVER

1-4 Cross R over left (1) step L to left side (2) Cross R behind left (3) sweep L around back (4)
5-8 Rock L back (5) recover on R (6) recover on L (7) recover on R (8)/ 06.00

III. FWD, KICK, BACK, TOUCH, HIP ROLL

1-4 Step L fwd (1) kick R fwd (2) step back on R (3) touch L fwd (4)
5-8 Hip roll to left (5 6) hip roll to left (7 8)

IV. CROSS, TOUCH, CROSS, TOUCH, JAZZBOX TURN

1-4 Cross L over right (1) touch R to right side (2) cross R over left (3) touch L to left side (4)
5-8 Cross L over right (5) 1/4 turn L, step R back (6) step L to left side (7) hold (8) (03.00)

V. ROCKING CHAIR, STEP LOCK FWD

1-4 Rock R fwd (1) recover on left (2) rock R back (3) recover on left (4)
5-8 Step R fwd (5) step L behind right (6) step R fwd (7) hold (8)

VI. MAMBO FWD, MAMBO BACK

1-4 Rock L fwd (1) recover on R (2) step L back (3) hold (4)
5-8 Rock R back (5) recover on L (6) step R fwd (7) hold (8)

VII. FWD, 1/4 TURN, PRISSY WALK

1-4 Step L fwd (1) turn 1/4 right, recover on R (2) cross left over right (3) hold (4)
5-8 Cross R over left (5) hold (6) cross L over right (7) hold (8) (06.00)

VIII. V STEP, TOUCH R,L,R

1-4 Step right diagonal right (1) step L diagonal left (2) step R back to center (3) step L beside right (4)
5-8 Touch R instep (5) drop R, touching L instep (6) touch R instep (7) hold (8) (06.00)

Tag 4 count after wall 5

1-4 unwind

ENJOY THE DANCE!

Last Update - 22 June 2021