

I Was Lost

COPPER KNOB
STEPSHETS

拍數: 32 牆數: 2 級數: High Beginner
編舞者: Laurence POUZOULLIC (FR) - January 2022
音樂: Lost - Maroon 5



Intro : 8 counts

Break (4 counts) at the end of wall 10

(1-8) CROSS, POINT, CROSS, POINT, STEP FWD, TOUCH BACK, STEP BACK, KICK FWD

1-2 Cross RF over LF - Point LF to L
3-4 Cross LF over RF - Point RF to R
5-6 Step RF forward - Touch LF behind RF
7-8 Step LF back - Kick RF forward

(9-16) BACK LOCK STEP, TOGETHER, SWIVET R / L

1-2 Step RF back - Lock LF over RF
3-4 Step RF back - Together LF next to RF
5-6 Lift R heel and L toe as you swing your heel to the right - Return to center
7-8 Lift L heel and R toe as you swing your heel to the left - Return to center

(17-24) BEHIND, SIDE, CROSS, SWEEP, CROSS, SIDE, BEHIND, SWEEP

1-2 Cross RF behind LF - Step LF to L
3-4 Cross RF over LF - Sweep LF from the front
5-6 Cross LF over RF - Step RF to R
7-8 Cross LF behind RF - Sweep RF from the back

(25-32) ROCK BACK, RECOVER, ½ TURN L WITH TOE STRUT, ROCK BACK, RECOVER, TOE STRUT FWD

1-2 Rock back to RF - Recover to LF
3-4 ½ turn L with toe strut RF (6h00)
5-6 Rock back to LF - Recover to RF
7-8 Toe strut LF

Break here at the end of wall 10 (12h00), 4 counts :

1-4 Raise your arms and cross them in front of you while lowering them

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