

Lost and Found

拍數: 36 牆數: 4 級數: Beginner
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音樂: Lost and Found (feat. Joe Nichols) - Dolly Parton



Intro: 20 counts

Sec 1: R-Side, Behind, 1/4 Turn-R, 1/4 Turn-R-Hitch, Side, Behind, Side, Touch

1 2 RF. Step to R-side – LF. Cross behind RF -
3 4 RF. 1/4 turn R, step fwd – LF. 1/4 turn R, hitch (6.00)
5 6 LF. Step to L-side - RF. cross behind LF
7 8 LF. Step to L-side – RF. Touch

Sec 2: Step Diag fwd, Touch, Step Diag backw, Touch, Step Diag Backw, Touch, Step Diag fwd, Touch

1 2 RF. Step diagonal R-fwd – LF. Touch toe next to RF
3 4 LF. Step diagonal L-backw – RF. Touch toe next to LF
5 6 RF. Step diagonal R-backw – LF. Touch toe next to RF
7 8 LF. Step diagonal L-fwd – RF. Touch toe next to LF

Sec 3: Step fwd, 1/4 Turn-L, Step fwd, Hold, Step fwd, 1/4 Turn-R, Step fwd, Hold

1 2 3 4 RF. Step fwd – LF. 1/4 Turn L - RF. step fwd – hold (3.00)
5 6 7 8 LF. Step fwd – RF. 1/4 turn R – LF. Step fwd – hold (6.00)

Sec 4: Figure of 8 1 2 RF. Step to R-side – LF. Cross behind RF

3 4 RF. 1/4 turn R, step fwd – LF. Step fwd (9.00)
5 6 RF. 1/2 turn R, step fwd – LF. 1/4 turn R, step to L-side (6.00)
7 8 RF. Cross behind LF – LF. 1/4 turn L, step fwd (3.00) *Restartpoint

Rocking Chair

1 2 3 4 RF. Step fwd – LF recover – LF. Step backw – RF. Recover (3.00)

Start again !

Restart: in wall 5, after count 32

Tag : end of wall 6, extra Rocking Chair (4 counts)

Restart: in wall 7, after 16 counts, then do Rocking Chair and start over

Restart: in wall 8, after 32 counts

Tag : end of wall 9, extra Rocking Chair (4 counts)

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