

# Lost Track

COPPERKNOB  
BY STEPHENETS

拍數: 32      牆數: 2      級數: Beginner  
編舞者: Angéline Fourmage (FR) & Maryse Fourmage (FR) - 5 August 2022  
音樂: Lost Track - HAIM



**Start: On the lyrics (Start Face on Face)**

**[1-8] Rock-Step, Step, Hold, Toe-Strut, Toe-Strut**

1-2            RF back, Recover to LF  
3-4            RF FW, Hold  
5-6            L Toe FW, Drop L Heel  
7-8            R Toe FW, Drop R Heel

**[9-16] Jazz-Box**

1-2            Cross LF over RF, Hold  
3-4            RF Back, Hold  
5-6            LF to the L side, Hold  
7-8            Cross RF over LF, Hold

**[17-24] Rumba-Box modified**

1-2            LF to the L side, RF next to LF  
3-4            Big Step LF FW, Hold  
5-6            RF to the R side, LF next to RF  
7-8            RF FW, Hold

**[25-32] Step-Turn ½ R, Run, Run, Run, Side, Kick, Side, Kick**

1-2            LF FW, ½ R  
3&4           LF FW, RF FW, LF FW \*(Option)  
5-6            RF to the R side, Kick LF FW on R Diagonal (Clapping the hands of the person in front)  
7-8            LF to the L side, Kick RF FW on L Diagonal (Clapping the hands of the person in front)

**\*(Option 3-4 : Big L Step)**

**NOTA: For hands and option, see video.**

**Smile and enjoy the dance**

**Contact: [maellynedance@gmail.com](mailto:maellynedance@gmail.com)**