

Lost In Music

拍數: 32 牆數: 4 級數: Improver
編舞者: Daniel Exton (UK) - November 2022
音樂: Lost In Music - Sister Sledge



S1: Charleston Step, Kick Ball, Kick Ball

1, 2 Right foot forward, Kick Left foot out
3, 4 Put Left foot down, Touch Right foot back
5 & 6 Kick Right foot forward, Place Right foot down, Place Left foot down
7 & 8 Kick Left foot forward, Place Left foot down, Place Right foot down

S2: Side Rock, Cross Shuffle, Side Step, 1/4 Turn, Stomp, Touch

1, 2 Rock Right to Right side, Recover onto Left
3 & 4 Cross Shuffle Right over Left
5, 6 Step Left to Left side, 1/4 turn Right,
7, 8 Stomp Right foot, Touch Left foot

S3: Touch, Cross, Touch, Cross, Rocking Chair

1, 2 Touch Left to Left side, Cross Left over Right
3, 4 Touch Right foot to Right Side, Cross Right over Left
5, 6 Rock Forward on Left foot, Recover onto Right
7, 8 Rock Back on Left foot, Recover onto Right

S4: Rock, Recover, Shuffle 1/2 Turn, Jazzbox

1, 2 Rock forward on Left foot, Recover onto Right
3 & 4 Left foot forward with 1/4 turn Left, Right foot next to Left, Left foot forward with 1/4 turn Left
5, 6 Cross Right foot over Left, Left foot back
7, 8 Right foot to Right side, Left foot next to Right

* No Tags - No Restarts
