

# Lost In The Sound

COPPER KNOB  
STEPSHEETS

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Paul James (UK) - February 2023  
音樂: Kill the Lights (with Nile Rodgers) - Alex Newell & DJ Cassidy



Intro – 32 Counts

Tag – 8 Counts at the end of Wall 1. Restart – After count 16 on Wall 12

## [1–8] Hitch, Step, Touch, Step x 2

1, 2            Hitch R Knee (1) Step RF next to LF (2)  
3,4            Touch L Toe back (3) Step LF next to RF (4)  
5,6            Hitch R Knee (5) Step RF next to LF (6)  
7,8            Touch L Toe back (7) Step LF next to RF (8)

**\*Optional Rolling Arms Demo'd On Video\***

## [9–16] ¼ Box Step, V Step

1,2            Step RF to R corner (1) Step LF to L corner  
3,4            Make ¼ turn R stepping RF to R (3) Step LF next to RF (4)  
5,6            Step RF to R corner, Step LF to L corner (6)  
7,8            Step RF back in place (7) Step LF next to RF (8)

**\*Restart dance here on Wall 12\***

## [17–24] Weave R, Hip Bumps x 4 (Lifting Arms)

1,2            Step RF to R (1) Cross LF behind RF (2)  
3,4            Step RF to R (3) Cross LF over RF (4)  
5              Step RF to R Bumping R Hip – lifting arms, hands start at hip height  
6,7,8 3        more hip bumps to R – Continue lifting arms outwards, to up.

## [25–32] Side, Cross, Side, Kick Ball Step, Together, Heel Bounces.

1,2            Step LF to L (1) Cross RF over LF (2)  
3,4            Step LF to L (3) Kick RF forward (4)  
&5,6          Step RF down (&) Step LF forward (5) Step RF next to LF (6)  
7,8            Bounce the heels x 2 (7,8)

## Tag – Switches x 4, Toe Struts x 2

1&            Touch R Toe in place (1) Step RF in place (&)  
2&            Touch L Toe in place (2) Step LF in place (&)  
3&            Touch R Toe in place (3) Step RF in place (&)  
4&            Touch L Toe in place (4) Step LF in place (&)  
5,6            Step R Toe forward (5) Drop R heel (6)  
7,8            Step L Toe forward (7) Drop L heel (8)

Demo Video Available Soon On YouTube Account – cudgeecoo

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Happy Dancing : )