

Lost In The Rhythm

COPPER KNOB
STEPSHETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Suzi Beau (ENG) - July 2023
音樂: Lost in the Rhythm - Jamie Berry & Octavia Rose



Intro: 32 Counts. Start On Heavy Beat

Section 1 Step kick coaster cross, tap tap behind side cross

1 2 Step Forward on R, Kick L
3&4 Step back on L, close R to L cross L over R
5,6 Tap R to R diagonal X2
7&8 Step R behind L, step L to L side, Cross R over L

Section 2 Side rock , sailor ½ L jazzbox, swivet

1,2 Rock L to L side, recover R
3&4 Turn half L stepping L back, step R to R side, step L in place
5 6 Cross R over L, Step L back
7&8 Step R to R side, Swivet R (Recover weight on R)

Section 3 Side rock ,behind ¼ step Skate X 4 (Dips)

1 2 Rock L to L side, recover R
3&4 Step L behind R,turn ¼ R stepping forward R, step forward L
5,6 Skate R, Skate L dipping down
7 8 Skate R straighten up, Skate L dip down

(Optional styling jazz hands when doing the skates)

Section 4. Forward rock shuffle ½ R walk walk run run run (½ R)

1,2 Rock forward on R recover on L
3&4 Shuffle ½ R stepping L,R,L
5, 6 Turn ½ R over 4 counts in an arc stepping R,L
7&8. Continue arc Run L,R,L

(Optional styling arms down to the side hands palm down whilst running)

Restart wall 4 after swivet

Only this time recover weight L to start again on R foot.