

Lost on You

拍數: 40 牆數: 2 級數: Intermediate
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音樂: Lost on You - Ryan Kinder : (Spotify)



****1 tag and 1 restart**

Section 1 - (1-7) Step Forward, Point, Flick ¼ turn L, Lock step R fwd, Rock L fwd, recover weight back to R

1,2,3 Step fwd on L, point R to R side, taking a ¼ turn L on L foot, flick R foot behind
4&5 Step fwd on R, Lock L behind R, Step forward on R
6,7 Rock fwd on L, recover weight back on R.

Section 2 - (8-7) Lock L back, Step ¼ turn R stepping R to R side, Touch L next to right, Scissor with ¼ turn R, Step forward L, pivot half turn R walk fwd F

8&1 Step L back, Lock R back in front of L, Step back L,
2,3 Taking a ¼ turn R step R to R side, touch L next to R.
4&5 Side rock L to L side, recover weight to R taking ¼ turn R, step fwd L.
6,7 Pivot ½ turn right finishing with weight fwd on R, Rock L fwd

Section 3 - (8-7) Coaster with ¼ turn R, step R to R side, cross L behind R taking ¼ turn R stepping R fwd, anchor step, half turn L stepping L fwd

8&1 Recover weight back on R, Step L next to R (&), taking ¼ turn L step R to R side,
2,3 Cross L behind R, taking a ¼ turn step R fwd
4&5 Step L fwd, Lock Right behind L placing weight back on R, replace weight fwd on L
6-7 Step R back, ½ turn L stepping L fwd.

Section 4 - (8-7) ¾ Turn L triple step, point L to L side, cross step, side shuffle 2 knee pops moving back

8&1 ** Stepping R,L,R complete a ¾ turn left, finishing with R crossed over L
2-3 Point L to L side, cross L over R
4&5 Step R to R side, close L next to R(&), step R to R side.
6,7 Angling to L diagonal, step back on L popping the right knee fwd, step back on R popping the L knee forward

Section 5 - (8-8 &) Coaster step back L, R,L, Rock R to R side, straightening to the side wall (3), recover weight to L side taking a ¾ turn R dragging R toe in front of L, Lock shuffle, Step forward on L pivot ½ turn right, walk, walk

8&1 Step L back, Step R back next to L (&) Step L fwd,
2,3 Straightening up to the side wall (3) Side rock R to R, recover weight onto L taking a ¾ turn R dragging the R toe in front of L.
4&5 Step R fwd, Step L next to R (&) Step R fwd
6,7 Step L fwd, ½ turn R stepping R fwd.
8& Step L fwd, Step next to L (&)

Tags x 1 – On the end of wall 2 add the following 8 counts before restarting the dance.

1-8& Rock fwd on R, recover weight back on L taking a half turn R – shuffle RLR, step fwd on L half turn R shuffle fwd LRL, step R next to L (&)

Restart ** Wall 4 - Complete up to section 4, 8&1 -finish the roll sequence, however do not cross the R over L, simply close R next to L allowing you to restart stepping forward on the L to the back wall.

Last Update - 2 Apr. 2024 - R1

