

Lost And Found

拍數: 32 牆數: 2 級數: Improver
編舞者: Jan Wyllie (AUS)
音樂: The Lost and Found - The Derailers



ROCK ROCK SHUFFLE, ROCK ROCK SHUFFLE

1-2-3&4 Rock/step forward on left, rock back on right, shuffle back left, right, left
5-6-7&8 Rock/step back on right, rock forward on left, shuffle forward right, left, right

STEP SWEEP SHUFFLE, ROCK ROCK COASTER

9-10 Step left across right, sweep right around to front (weight stays on left)
11&12 Shuffle forward right, left, right towards the left diagonal
13-14 Rock/step forward on left, rock back on right
15&16 Step back on left, step right beside left, step forward on left (still facing left diagonal)

STEP SWEEP SHUFFLE, ROCK ROCK COASTER

17-18 Step forward on right, sweep left around to front (weight stays on right)
19&20 Shuffle forward left, right, left towards the right diagonal
21-22 Rock/step forward on right, rock back on left
23&24 Step back on right, step left beside right, step forward on left (still facing right diagonal)

STEP PIVOT SHUFFLE, FULL TURN, SHUFFLE

25-26 Step forward on left, pivot 3/8 turn right (to back wall) transferring weight to right
27&38 Shuffle forward left, right, left
29-30 Step forward right, left while making a full turn left (or just walk forward)
31&32 Shuffle forward right, left, right

REPEAT

TAG

At the end of walls 2,3,5,8

HIP BUMPS

1-2 Step forward on left bumping hips forward, bump hips back
3-4 Bump hips forward, bump hips back

Now start the dance again by rocking forward and back
