

Lost And Found

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Barbara Lowe (UK) & Linda Mann (UK)
音樂: Down Under - Men At Work



SKATE LEFT & RIGHT, LEFT SHUFFLE, SKATE RIGHT & LEFT SHUFFLE RIGHT

1-2 Skate forward left right (11:00)
3&4 Shuffle forward left right left
5-6 Skate forward right left (1:00)
7&8 Shuffle forward right left right

½ PIVOT TURN RIGHT, SHUFFLE ½ TURN, COASTER STEP, ROCK & RECOVER

9&10 Step forward on left foot ½ pivot turn right
11&12 Shuffle back ½ turn right left right left
13&14 Step back right step back on left step forward on right
15&16 Rock forward on left foot, rock back on right (rocking chair)

SHUFFLE FORWARD LEFT, RIGHT, LEFT, RIGHT

17&18 Shuffle forward left right left (11:00)
19&20 Shuffle forward right left right (1:00)
21&22 Shuffle forward left right left (11:00)
23&24 Shuffle forward right left right (1:00)

PIVOT ½ TURN RIGHT, LEFT SHUFFLE, RIGHT ROCK RECOVER, RIGHT COASTER STEP

25-26 Step forward on left foot pivot ½ turn right
27&28 Shuffle forward left right left
29-30 Rock forward on right foot recover weight back on left
31&32 Step back right, step back left, step forward on right

LEFT TOE POINTS ¼ TURN SAILOR STEP LEFT TOE POINTS ¼ TURNING SAILOR STEP RIGHT

33-34 Point left toe forward point left toe to left side
35&36 ¼ sailor step left (9:00)
37-38 Point right toe forward point right toe to right side
39&40 ¼ turning sailor turn right (6:00)

SIDE TOGETHER LEFT, CHASSE ¼ TURN ½ PIVOT TURN FULL TURN LEFT

41-42 Step left to left side, close right next to left
43&44 Step left to left side turn ¼ left
45-46 Step forward on right foot pivot ½ turn left
47&48 Full turn left stepping right left (weight ends on left foot)

RIGHT HEEL & CROSS TWICE ¼ TURN RIGHT HEEL GRIND, RIGHT COASTER STEP

49&50 Touch right heel forward, step right beside left, cross left over right
51&52 Touch right heel forward, step right beside left, cross left over right
53 Grind right heel to right side making ¼ turn right
54 Step back on left
55&56 Step back on right, step left beside right, step forward on right

½ PIVOT TURN RIGHT, LEFT SHUFFLE FORWARD, RIGHT ROCK RECOVER LEFT COASTER STEP

57&58 Step forward on left foot ½ pivot turn right
59&60 Shuffle forward left right left

61-62
63&64

Rock forward on right recover weight on left
Step back on right, step left next to right, step forward on right

REPEAT
