

Lost Emotions

拍數: 56 牆數: 4 級數: Intermediate/Advanced
編舞者: Liam Hrycan (UK)
音樂: Is It Love Yet - Deborah Allen



RIGHT SIDE STEP/LEFT DRAG TOUCH, LEFT COASTER STEP (OFFBEAT), RIGHT STEP FORWARD - REPEAT WITH OPPOSITE FEET

1-2 Long step right foot to right side, drag and touch left toe to place beside right foot
&3& Step left foot back, step right foot to place beside left, step left foot forward
4 Step right foot forward
5-6 Long step left foot to left side, drag and touch right toe to place beside left foot
&7& Step right foot back, step left foot to place beside right, step right foot forward
8 Step left foot forward

½ PIVOT RIGHT, FULL RIGHT ROLLING TURN FORWARD, LEFT CHASSE, RIGHT COASTER STEP, LEFT SYNCOPATED ROCK FORWARD/RECOVER (¼-RIGHT)

9 Pivot a ½ turn right (weight ending on right foot)
10 Make a ½ turn right on ball of right foot, stepping left foot back
11 Make a ½ turn right on ball of left foot, stepping right foot forward
12&13 Step left foot to left side, step right foot to place beside left, step left foot to left side
14&15 Step right foot back, step left foot to place beside right, step right foot forward
&16 Rock left foot forward, recover weight back onto right foot making a ¼ turn right

LEFT STEP FORWARD, FULL LEFT SYNCOPATED ROLLING TURN FORWARD, RIGHT STEP/½ PIVOT LEFT, RIGHT STEP FORWARD, LEFT SHUFFLE FORWARD, RIGHT KICK/CROSS

17 Step left foot forward
18& Make a ½ turn left on ball of left foot, stepping right foot back, make a ½ turn left on ball of right foot, stepping left foot forward
19-20 Step right foot forward, pivot a ½ turn left (weight ending on left foot)
21 Step right foot forward
22&23 Step left foot forward, step right foot to place beside left, step left foot forward
&24 Kick right foot forward, cross step right foot over left

LEFT MONTEREY TURN (¾-LEFT) WITH RIGHT CHASSE, LEFT BACK ROCK/RECOVER/SIDE STEP, TRIPLE STEP TRAVELING LEFT (1 ½-RIGHT)

25-26 Touch left toe out to left side, make a ¾ turn left on ball of right foot stepping left foot to place beside right
27&28 Step right foot to right side, step left foot to place beside right, step right foot to right side
29&30 Rock left foot back behind right, recover weight onto right foot, step left foot to left side
31 Make a ½ turn right on ball of left foot, stepping right foot to right side
& Make a ½ turn right on ball of right foot, stepping left foot to left side
32 Make a ½ turn right on ball of left foot, stepping right foot to right side

LEFT CROSS ROCK/RECOVER/SIDE STEP, RIGHT CROSS ROCK/RECOVER/SIDE STEP

33&34 Cross rock left foot over right, recover weight back onto right foot, step left foot to left side
35&36 Cross rock right foot over left, recover weight back onto left foot, step right foot to right side

LEFT STEP FORWARD, RIGHT STEP/SYNCOPATED ½ PIVOT LEFT, (&) ½-LEFT), LEFT STEP BACK, (&) RIGHT STEP SLIGHTLY BACK, LEFT KICK/CLICK

37 Step left foot forward
&38 Step right foot forward, pivot a ½ turn left (weight ending on left foot)
& Make a ½ turn left on ball of left foot, stepping right foot back

39 Step left foot back
&40 Step right foot slightly back, kick left foot forward and click fingers
& Hook left heel across right leg preparing for step 41
Not necessary, but looks graceful

LEFT SIDE STEP (¼-LEFT)/RIGHT STEP FORWARD (¼-LEFT), LEFT MAMBO ROCK FORWARD, RIGHT KICK/STEP BACK/LEFT STEP BACK, RIGHT COASTER STEP

41-42 Step left foot to left side a ¼ turn left, step right foot forward a ¼ turn left
43&44 Rock left foot back, recover weight onto right foot, step left foot forward
45&46 Kick right foot forward, step right foot back, step left foot slightly back
47&48 Step right foot back, step left foot to place beside right, step right foot forward

LEFT SIDE STEP (¼-LEFT)/RIGHT STEP FORWARD (¼-LEFT), LEFT MAMBO ROCK FORWARD, RIGHT KICK/STEP BACK/LEFT STEP BACK, RIGHT COASTER STEP, (&) LEFT STEP FORWARD (¼-LEFT)

49-50 Step left foot to left side a ¼ turn left, step right foot forward a ¼ turn left
51&52 Rock left foot back, recover weight onto right foot, step left foot forward
53&54 Kick right foot forward, step right foot back, step left foot slightly back
55&56 Step right foot back, step left foot to place beside right, step right foot forward
& Step left foot slightly forward a ¼ turn left

REPEAT

TAG

When dancing to the choreography track "Is It Love Yet?", On the 5th and final wall between steps 32 and 33 LEFT CROSS ROCK/RECOVER, LEFT SIDE ROCK/RECOVER

1& Cross rock left foot over right, recover weight back onto right foot
2& Rock left foot to left side, recover weight onto right foot

Continue with steps 33 to 56 (end of dance)
