

Lost In The Feeling (P)

COPPER KNOB
BY STEPHEN BATES

拍數: 48 牆數: 0 級數: Partner
編舞者: Rick Bates (USA) & Deborah Bates (USA)
音樂: Their Hearts Are Dancing - The Forester Sisters



Position: Right side-By-Side Position. Partners on same footwork unless noted

TWINKLES

- 1-3 Cross left foot over right and step; step slightly to the right on right foot; step left foot next to right
- 4-6 Cross right foot over left and step; step slightly to the left on left foot; step right foot next to left

MAN: FORWARD BASIC, LADY: DIAGONAL TO THE LEFT ROLLING TURN, FORWARD BASIC

Release left hands and raise joined right hands. Lady turns under upraised joined hands. Man does first basic almost in place allowing partner to end directly in front of man

- 7 **MAN:** Step slightly forward on left foot
 LADY: Stride forward and diagonally to the left on left foot and begin a full to the left rolling turn traveling forward and to the left
- 8 **MAN:** Step right foot next to left
 LADY: Step on right foot and continue full to the left rolling turn
- 9 **MAN:** Step slightly forward on left foot
 LADY: Step on left foot and complete full to the left rolling turn

Rejoin left hands. Partners now in the Indian position

- 10-12 Stride forward on right foot; step left foot next to right; step forward on right foot

TWINKLES

- 13-15 Cross left foot over right and step; step slightly to the right on right foot; step left foot next to right
- 16-18 Cross right foot over left and step; step slightly to the left on left foot; step right foot next to left

MAN: FORWARD BASIC, BACK BASIC, LADY: FORWARD ½ TURN TO THE LEFT, BACK BASIC

Raise hands. Lady turns under upraised joined hands

- 19 **MAN:** Stride forward on left foot
 LADY: Stride forward on left foot and begin a ½ turn to the left
- 20 **MAN:** Step right foot next to left
 LADY: Step on right foot and complete ½ turn to the left
- 21 **MAN:** Step forward on left foot
 LADY: Step back on left foot

Partners now face each other in the double crossed hand hold position (right over left). Man faces LOD and lady faces rold

- 22-24 Stride back on right foot; step left foot next to right; step back on right foot

MINUET

During counts 25-27 slowly raise joined hands straight up. Release hands on count 27

- 25-27 Stride forward on left foot; step right foot next to left; step forward on left foot

During counts 28-30 slowly extend arms outward making a circle as you bring hands down to waist level.

Rejoin hands in the Double Crossed Hand Hold position (left over right) on count 30

- 28-30 Stride back on right foot; step left foot next to right; step back on right foot

MAN: FORWARD BASIC, LADY: DIAGONAL ½ TURN TO THE LEFT, FORWARD BASIC

Raise left hands. Lady turns under upraised joined hands

- 31 **MAN:** Stride forward on left foot
 LADY: Stride forward and diagonally to the left on left foot and begin a ½ turn to the left
- 32 **MAN:** Step right foot next to left
 LADY: Step on right foot and complete ½ turn to the left
- 33 **MAN:** Step forward on left foot
 LADY: Step left foot next to right

Partners now in the Right Side-By-Side position facing LOD

- 34-36 Stride forward on right foot; step left foot next to right; step forward on right foot

FORWARD ¾ ROLLING TURN TO THE LEFT, CROSS, SIDE STEP, CROSS BEHIND

Release left hands and raise right hands. Partners turn under upraised joined hands

- 37 Stride forward on left foot and begin a ¾ rolling turn to the left traveling toward LOD
- 38 Step on right foot and continue ¾ rolling turn
- 39 Step on left foot and complete ¾ rolling turn to the left

Rejoin left hands in the Indian position facing OLOD

- 40 Cross right foot over left and step
- 41 Step to the left on left foot
- 42 Cross right foot behind left and step

LUNGE LEFT, DRAG, TOUCH, ¾ TO THE RIGHT ROLLING TURN

- 43 Take a long step to the left on left foot
- 44 Drag right foot toward left
- 45 Touch right foot next to left

Release left hands and raise right hands. Partners turn under upraised joined hands

- 46 Step to the right on right foot and begin a ¾ rolling turn to the right traveling toward RLOD
- 47 Step on left foot and continue ¾ to the right rolling turn
- 48 Step on right foot and complete ¾ rolling turn

Rejoin left hands in the right side-by-side position facing LOD

REPEAT

TAG

If done to "Lost In The Feeling" please add 6-count tag sequence at beginning of the first repetition of the pattern. This tag is done only once.

- 1-3 Forward basic (left, right, left)
- 4-6 Forward basic (right, left, right)
-