

Lost In The Shuffle

拍數: 32 牆數: 2 級數: Improver
編舞者: Sunny Weymouth (UK) & Steve Weymouth (UK)
音樂: Mama Likes To Reggae - The Bellamy Brothers



STROLL BACK, RIGHT SHUFFLE BACK, HEEL-BALL-CROSS, UNWIND ½ TURN, STOMP

- 1 Stroll back on right foot
- 2 Stroll back on left foot
- 3 Step back on right foot
- & Step left foot beside right foot
- 4 Step right foot back
- 5 Place left heel forward
- & Place left foot beside right foot
- 6 Cross step right foot over left
- 7 Unwind ½ turn to the left
- 8 Stomp right foot beside left foot

STROLL BACK, RIGHT SHUFFLE BACK, HEEL-BALL-CROSS, UNWIND ½ TURN, STAMP

- 1 Stroll back on right foot
- 2 Stroll back on left foot
- 3 Step back on right foot
- & Step left foot beside right foot
- 4 Step right foot back
- 5 Place left heel forward
- & Place left foot beside right foot
- 6 Cross step right foot over left
- 7 Unwind ½ turn to the left
- 8 Stamp right foot beside left foot (no weight)

HIP SWAYS RIGHT AND LEFT, HIP BUMPS

- 1 Sway hips to the right
- 2 Sway hips to the left
- 3 Bump hips to the right
- & Bump hips to the left
- 4 Bump hips to the right

LEFT SIDE SHUFFLE WITH ¼ TURN, RIGHT SIDE SHUFFLE, ¼ TURN LEFT SHUFFLE ¼ TURN, RIGHT SIDE SHUFFLE

- 1 Step left foot out to left side
- & Place right foot next to left foot
- 2 Step ¼ turn to the left on left foot
- 3 Step right foot out to right side
- & Place left foot beside right foot
- 4 Step right foot out to right side
- 5 Step ¼ turn to the left on left foot
- & Place right foot next to left foot
- 6 Step ¼ turn to the left on left foot
- 7 Step right foot out to right side
- & Place left foot beside right foot
- 8 Step right foot out to right side

Once you have completed these 8 beats you would have made an invisible square on the floor

LEFT STEP PUSH, HEEL SWIVEL WITH $\frac{1}{4}$ TURN, TRIPLE STEP WITH A $\frac{1}{2}$ TURN

1 Step left foot out to left side (while pushing hips to left)

2 Swivel feet $\frac{1}{4}$ to right side (while pushing hips to right)

3 Step left foot a $\frac{1}{4}$ turn to left

& Place right foot beside left

4 Step left foot a $\frac{1}{4}$ turn to left (weight on left)

Counts 3 & 4 comprise a triple step with two $\frac{1}{4}$ turns to complete a $\frac{1}{2}$ turn to the left

REPEAT
