

# 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**

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