

# Lost In The Shuffle (P)

**COPPER** KNOB  
STEPSHEETS

拍數: 56      牆數: 0      級數: Partner  
編舞者: Ann Williams (UK)  
音樂: Lost In The Shuffle - Monty Holmes



**Position:** Start with man facing LOD, Lady on man's right facing RLOD. No Hand Hold

## ROCK, RECOVER, TRIPLE ½ TURN, ROCK, RECOVER, TRIPLE ½ TURN

- 1-4      **MAN:** Step and rock forward on right, recover back onto left, triple step on the spot stepping right, left, right making ½ turn right to face RLOD  
         **LADY:** Step and rock forward on right, recover back onto left, triple step on the spot stepping right, left, right making ½ turn right to face LOD
- 5-8      **MAN:** Step and rock forward on left, recover back onto right, triple step on the spot stepping left, right, left, making ½ turn left to face LOD  
         **LADY:** Step and rock forward on left, recover back onto right, triple step on the spot stepping left, right, left, making ½ turn left to face RLOD

**Join right hands inside**

## MAN: ROCK, RECOVER, SHUFFLE, ROCKING CHAIR / LADY: STEP, PIVOT, SHUFFLE ½ TURN, ROCK, RECOVER, STEP, PIVOT

- 9-12      **MAN:** Step and rock back on right, recover forward onto left, right shuffle forward  
         **LADY:** Step right forward, pivot ½ turn left to face LOD, right shuffle making ½ turn left to face RLOD

**Raise right hands over lady's head as she turns**

- 13-16      **MAN:** Step and rock forward on left, recover back onto right, step and rock back on left, recover forward onto right  
         **LADY:** Step and rock back on left, recover forward onto right, step left forward, pivot ½ turn right to face LOD

**Rejoin left hands in right side by side position**

## STEP, BRUSH, SHUFFLE, STEP, BRUSH, SHUFFLE

- 17-20      Step left forward, brush right forward, right shuffle forward  
21-24      Step left forward, brush right forward, right shuffle forward

## CROSS, BACK, ¼ TURN, POINT, ¼ TURN, ¼ TURN, BEHIND, POINT

- 25-28      Step and cross left over right, step right back, turn ¼ left stepping left to left side, point right to right side

**Release left hands, raise right over lady's head and touch left hands in Reverse Indian Position**

- 29-30      Turn ¼ right stepping right forward, turn ¼ right stepping left to left side

**Raise right hands over lady's head, rejoin left hands over lady's left shoulder in Indian Position**

- 31-32      Step and cross right behind left, point left to left side, '

## STEP, POINT, STEP, POINT, ROCK, RECOVER, COASTER ¼ TURN

- 33-36      Step left forward, point right to right side, step right forward, point left to left side  
37-38      Step and rock forward on left, recover back onto right  
39&40      Swing left around making ¼ turn left and step left back, step right beside left, step left forward

**Now facing LOD, in Right Side By Side Position, (Sweetheart)**

## STEP, LOCK, SHUFFLE, STEP, LOCK, SHUFFLE

- 41-44      Step right forward, step and lock left behind right, right shuffle forward  
45-48      Step left forward, step and lock right behind left, left shuffle forward

## ROCK, RECOVER, TRIPLE ½ TURN, STEP, PIVOT, (LADY ROCK) TRIPLE STEP

49-52 Step and rock forward on right, recover onto left, triple step right, left, right, making ½ turn right to face RLOD

**Release left hands, raise right**

53-54 **MAN:** Step left forward, pivot ½ turn right

**LADY:** Step and rock forward on left, recover onto right

55&56 Triple step left, right, left on the spot

**Lower right hands to waist height and release hands**

**REPEAT**

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