

Lost Moments

拍數: 32 牆數: 1 級數: Improver
編舞者: Moses Bourassa Jr. (USA) & Barbara Frechette (USA)
音樂: Moments - Brushwood



When dancing to "Moments" by Brushwood, start dancing 4 beats before vocals.

SIDE STEPS, SIDE SHUFFLES, CROSS ROCK STEP, RECOVER STEP

1-2 Step left to left side, step right next to left
3&4 Step left to left side, step quickly with right next to left, step left to left side
5-6 Cross right in front of left, recover on left
7&8 Step right to right side, step quickly with left next to right, step right to right side

SYNCOPATED WEAVE WITH ¼ TURN TO THE LEFT

1-2 Cross left in front of right, step right to right side
3-4 Step left behind right, step right to right side
5-6 Cross left in front of right, recover on right
7&8 Step left making ¼ turn to the left, step quickly with right next to left, step forward on left

FORWARD STEPS, LOCK STEP, ½ TURN TO THE RIGHT, STEP-LOCK-STEPS

1-2 Step right forward, lock left behind right
3&4 Step right forward, lock left behind right, step forward on left
5-6 Step forward on left, step right making ½ turn to the right
7&8 Step forward on left, lock right behind right, step forward on left

FORWARD STEPS, ½ TURNS TO THE LEFT, ¼ TURN TO THE LEFT, CROSS SHUFFLE

1-2 Step forward on right, step left making ½ turn to the left
3-4 Step forward on right, step left making ½ turn to the left
5-6 Step forward on right, step left making ¼ turn to the left
7&8 Cross right over left, step left quickly to left side, cross right over left

REPEAT
