

Lost Moments 4-2 (P)

拍數: 32 牆數: 0 級數: Improver Partner - Circle
編舞者: Moses Bourassa Jr. (USA) & Barbara Frechette (USA)
音樂: Moments - Brushwood



Alt. music: Wrapped by George Strait

Position: Couple starts in closed position. Man faces towards outside of circle. Female faces inside of circle.
Opposite footwork, unless noted
When dancing to "Moments" by Brushwood, start dancing 4 beats before vocals.

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

MAN'S STEPS

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

LADY'S STEPS

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

SYNCOPATED WEAVE WITH ¼ TURN

MAN'S STEPS

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

LADY'S STEPS

1-2 Cross right in front of left, step left to left side
3-4 Step right behind left, step left to left side
5-6 Cross right in front of left, recover on left

Man will have lady's left hand in his right hand while the other is disconnected

MAN'S STEPS

7&8 Step left making ¼ turn to the left, step quickly with right next to left, step forward on left

LADY'S STEPS

7&8 Step right making ¼ turn to the right, step quickly with left next to right, step forward on right

FORWARD STEPS, LOCK STEP, ½ TURN, STEP-LOCK-STEPS

MAN'S STEPS

1-2 Step right forward, lock left behind right
3&4 Step right forward, lock left behind right, step forward on left

LADY'S STEPS

1-2 Step left forward, lock right behind left
3&4 Step left forward, lock right behind left, step forward on left

MAN'S STEPS

Couple will disconnect hands and after turn, man will have lady's right in his left hand connected

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

LADY'S STEPS

- 5-6 Step forward on right, step left making $\frac{1}{2}$ turn to the left
7&8 Step forward on right, lock left behind right, step forward on right

FORWARD STEPS, $\frac{1}{2}$ TURNS, $\frac{1}{4}$ TURN, CROSS SHUFFLE

Couple will disconnect hands while doing these moves

MAN'S STEPS

- 1-2 Step forward on right, step left making $\frac{1}{2}$ turn to the left
3-4 Step forward on right, step left making $\frac{1}{2}$ turn to the left
5-6 Step forward on right, step left making $\frac{1}{4}$ turn to the left
7&8 Cross right over left, step left quickly to left side, cross right over left

LADY STEPS

- 1-2 Step forward on left, step right making $\frac{1}{2}$ turn to the right
3-4 Step forward on left, step right making $\frac{1}{2}$ turn to the right
5-6 Step forward on left, step right making $\frac{1}{4}$ turn to the right

Couple will connect hands, lady's left in his right & lady's right in his left

- 7&8 **MAN:** Cross right over left, step left quickly to left side, cross right over left
LADY: Cross left over right, step right quickly to right side, cross left over right

REPEAT
