

# Lost Shuffle

拍數: 48      牆數: 4      級數: Intermediate  
編舞者: Nancy Morgan (USA)  
音樂: Lost In the Shuffle - Michael Peterson



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## HEEL CROSS HEEL, TOE IN, TAP HEEL ¼ TURN TO YOUR RIGHT, STOMP, ½ TURN

- 1-2-3      Put right heel forward, cross right over left, put right heel forward  
4-5-6      Touch right toe to left instep, turn ¼ turn to right and put right heel forward, stomp right forward  
7-8      Step left foot forward, turn ½ turn to your right

## HEEL CROSS HEEL, TOE IN, TAP HEEL ¼ TURN TO YOUR LEFT, STOMP, ½ TURN

- 1-2-3      Put left heel forward, cross left over right, put left heel forward  
4-5-6      Touch left toe to right instep, turn ¼ turn to left and put left heel forward, stomp left forward  
7-8      Step right foot forward, turn ½ turn to your left (weight is on right)

## STEP HITCH, STEP HITCH, STEP HITCH, SWIVEL, SWIVEL ¼ TURN

- 1-2      Step left to left side, lift right foot over left knee and hop on left forward  
3-4      Set right foot down (shoulder width), lift left foot over right knee and hop on right forward  
5-6      Step left to left side, lift right foot over left knee and hop on left forward  
7-8      Set left foot down as you turn both feet from right to left making a ¼ turn left

## SHUFFLE FORWARD, STEP ¾ TURN, SIDE SHUFFLE LEFT, COASTER STEP

- 1&2      Shuffle forward - right, left, right  
3-4      Step left forward, turn ¾ turn to your right  
5&6      Side shuffle to left - left, together, left  
7&8      Step back right, step back left, step forward right

## TOUCH HOLD, AND TOUCH AND TOUCH AND CROSS HOLD, TURN HOLD

- 1-2      Touch left toe out to left side, clap  
&3      Put left next to right as you put you touch right toe out to right side  
&4      Put right next to left as you put you touch left toe out to left side  
&5-6      Put left next to right as you cross right over left, clap  
7-8      Turn ½ turn to your left, clap

## GRIND, COASTER STEP, GRIND WITH ¼ TURN, COASTER STEP

- 1-2      Grind right heel from left to right  
3&4      Step back on your right, back on left, forward on right  
5-6      Grind left heel ¼ turn to your left from right to left  
7&8      Step back on your left, back on right, forward on left

**REPEAT**

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