

Lost-Shebang

拍數: 32 牆數: 4 級數:
編舞者: Sylvia Priestley (UK)
音樂: Lost Without You - Wynonna



When dancing to Stuck In Love, dance at half speed

CHARLESTON, CROSS BACK TURN, SIDE CHASSE

1-2 Touch right foot forward, right foot step back
3-4 Touch left foot back, left foot step forward
5-6 Cross right foot over left, step back on left foot turning $\frac{1}{4}$ right
7&8 Chasse side right on right, left, right

KICK-BALL POINT TWICE, CROSS BACK, SIDE CHASSE

9&10 Left foot kick forward, bring left foot beside right, point right toe out to right side
11&12 Right foot kick forward, bring right foot beside left, point left toe out to left side
13-14 Cross left foot over right, step back on right
15&16 Chasse side left on left, right, left

HEEL JACK, $\frac{1}{4}$ TURN SHUFFLE, $\frac{1}{2}$ TURN SHUFFLE, HEEL BOUNCE TURN

&17 Step back on right, place left heel forward
&18 Step left back in place, step right beside left
19&20 Turn a $\frac{1}{4}$ right into a right shuffle on right, left, right
21&22 Turn $\frac{1}{2}$ right and step left, right, left in place
23-24 Bounce heels twice (bend at the knees and lift both heels, swiveling on balls of feet, turning heels to right $\frac{1}{8}$ replace weight on heels: repeat process), over these two beats you will turn $\frac{1}{4}$ left

POINT, STEP TWICE, KICK, COASTER

25-26 Point right toes out to right side, step forward on right
27-28 Point left toes out to left side, step forward on left
29 Kick right foot forward
30&31 Step right back, step left beside right, step right foot forward
32 Step left foot forward

REPEAT