

Loved & Lost

拍數: 34 牆數: 4 級數: Improver
編舞者: Neil Cordery (UK)
音樂: Have You Ever - S Club 7



ROCK AND TURN, STEP LOCK STEP

1&2 Rock forward on right foot, replace weight onto left, step right into ¼ turn
3&4 Step forward on left foot, lock right behind left, step forward on left foot
5&6 Rock forward on right foot, replace weight onto left, step right into ½ turn
7&8 Step forward on left foot, lock right behind left, step forward on left foot

ROCK RIGHT, LEFT RIGHT, LEFT CHASSE, ROCK AND TURN, FULL TURN STEPPING LEFT, RIGHT, LEFT

9&10 Rock right to right side, replace weight onto left, rock to side on right
11&12 Step to side on left foot, close right beside left, step to side on left
13&14 Rock forward on right foot, replace weight onto left, step right into ½ turn
15&16 Full turn traveling forward stepping left, right, left

ROCK AND TURN, IN FRONT, SIDE, BEHIND, SWEEP, BEHIND, SIDE, IN FRONT, ROCK AND TURN

17&18 Rock forward on right, replace weight onto left, step right into ¼ turn
19&20& Cross left in front of right, step right to right side, step, step left behind right, with weight on left, sweep right foot round and behind left foot
21&22 Step weight onto right and behind left foot, step left foot to left side, cross right in front of left
23&24 Rock forward on to left foot, replace weight on to right, step left foot into ¼ turn

STEP, LOCK, STEP FORWARD, ROCK LEFT, RIGHT, LEFT, RIGHT SIDE CHASSE, ROCK AND REPLACE

25&26 Step forward on right foot, lock left behind right, step forward right
27&28 Rock left out to left side, replace weight on to right, rock left out to left side
29&30 Step right to right side, close left up beside right, step right to right side
31&32 Rock left behind right foot, replace weight on to right, step left beside right

UNWIND FULL TURN

33-34 Cross right over left and unwind a full turn (weight remains on left foot)

REPEAT
