

Lost

拍數: 32 牆數: 4 級數: Easy Intermediate NC2
編舞者: Ray Cartwright (UK) - March 2008
音樂: Lost - Michael Bublé : (CD: Call Me Irresponsible)



Also: 'Never Knew Lonely' by Vince Gill, CD: "The Essential Vince Gill"

(16 count intro for both songs)

(1 – 9) Side, Back Rock, ¼ Turn, Back Rock, Step, ½ Turn x 2, Step, Forward Rock, ½ Turn, Step

1, 2&3 Step L to left side (1), Rock back on R (2), Recover on L (&), ¼ turn left stepping back on R dragging L back to R (3), (9.00)

4&5 Rock back on L (4), Recover on R (&), Step fwd on L (5)

6&7 ½ turn left stepping back on R (6), ½ turn left stepping fwd on L (&), Step fwd on R (7)

Easier alternative: Step/Lock/ Step on R (6), L (&), R (7)

8&1 Rock fwd on L (8), Recover onto R (&), ½ turn left stepping fwd on L (1) (3.00)

(10 – 17) Forward Rock, Recover, Side, Cross, Recover, Side, Cross, Recover, Side

2&3 Rock fwd on R (2), Recover on L to face 4.30 (&), Step R to side (3) (4.30)

4&5 Cross L over R (4), Step back on R to face 1.30 (&), Step L to side (5) (1.30)

6&7 Cross R over L, (6), Step back on L straightening up on 3.00 wall (&), R long step to right side (7). (3.00)

8&1 Rock back on L (8), Recover on R (&), ¼ turn to left stepping fwd on L. (1) (12.00)

Restart occurs here on Wall 4 facing 6.00. Replace count 1(17) by stepping L to left side.

(18 – 25) Behind, ¼ Turn, Step, Step Lock Step, Rock, Recover, Back, Sailor ¼ Turn Sway

2&3 ½ turn left stepping back on R (2), ½ turn left stepping fwd on L (&), Step fwd on R (3) (12.00)

Easier alternative: Step/Lock/ Step on R (6), L (&), R (7)

4&5 ½ turn right stepping back on L (6), ½ turn right stepping fwd on R (&), Step fwd on L (7)

Easier alternative: Step/Lock/ Step on L (6),RL (&), L (7)

6&7 Rock fwd on R (6), Recover on L (&), Step back on R whilst sweeping L behind R (7)

8&1 Cross L behind R making a ¼ turn left, (8), Step R to side (&), Step L to side Swaying to Left (1). (9.00)

(26 – 32) Sways, Sailor Step, Cross, Recover, Side, Cross, Side

2,3&4 Sway Right (2), Sway Left (3), Sway Right (&), Sway Left (4)

5&6 Cross R behind L (5), Step L to side (&), Step R to side (6)

7& Cross Rock L over R (7), Recover on R (&)

8& Step L to left side (8), Cross R over L (&) (9.00)

START AGAIN

When dancing to 'Lost' by Michael Buble' there is one Restart and one 12 count Tag.

Restart occurs on step 17 on wall 4 facing 6.00 (see above).

TAG: 12 count Tag at the end of wall 5 facing 3.00

1, 2&3 Step L to side (1), Rock back on R (2), Recover on L (&), ¼ turn right stepping fwd on R (3) (6.00)

4&5 Step fwd on L (4) Pivot ½ turn right (&), ¼ turn right stepping L to side (5) (3.00)

6&7 Rock back on R (6), Recover on L (&), Step R to side (7)

8&1 Rock back on L (8), Recover on R (&), Step L to side (&) 2,3 Hold (2), ¼ turn right stepping fwd on R (3) (6.00)

4&1 Step fwd on L (4) Pivot ½ turn right (&), ¼ turn right stepping L to side (5) (3.00)

