

I've Been Lost

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Christien van Londen (NL) - January 2009
音樂: Loving You Makes Me A Better Man - Vince Gill : (Album: For Love of the Game)



Intro: 16 counts intro, start on vocals.

Side, Rock, Recover, Side Shuffle, Press Ball, Sweep, Behind, Side, Cross.

1 Step left to left side
2-3 Rock back on right, recover on left
4&5 Step right to right side, step left next to right, step right to right side
6-7 Step left forward (press ball), recover on right sweeping left around
8&1 Step left behind right, step right to right side, cross left over right

Make 1/2 Turn, Step Back, Step Lock Step, Side, Behind, Step Lock Step.

2-3 Turn ½ right (weight on left), step back on right
4&5 Step forward on left, lock right behind left, step forward on left
6-7 Step right to right side, step left behind right
8&1 Step forward on right, lock left behind right, step forward on right

Rock, Recover, Hitch, Coaster Step, Point, 1/4 Turn, Step Lock Step.

2-3& Rock forward on left, recover on right, hitch left knee
4&5 Step back on left, step right next to left, step forward on left
6-7 Point right toe out to right, turn ¼ right on left foot (now right toe points forward)
8&1 Step forward on right, lock left behind right, step forward on right

Step, 1/2 Turn, Step Lock Step, Step, 1/2 Turn, Sweep, Rock, Recover.

2-3 Step forward on left, turn ½ right (change weight on right)
4&5 Step forward on left, lock right behind left, step forward on left
6-7 Step forward on right, turn ½ left on right foot, sweeping left around
8& Rock back on left, recover on right

REPEAT
