

Lost The Plot

拍數: 64 牆數: 4 級數: Improver
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音樂: Bury Me (6 Feet Under) - Alexandra Burk : (CD: Overcome)



Start after 32 count intro

(1-8) R & L Step Touches, R Side, L Together, R Fwd, Scuff

1-4 Step R side, touch L together, step L side, touch R together
5-8 Step R side, step L together, step R forward, scuff

(9-16) L & R Step Touches, L Side, R Together, L Back, Hold

1-4 Step L side, touch R together, step R side, touch L together
5-8 Step L side, step R together, step L back, hold

(17-24) R Rock Back & Recover, ½ L & R Back, L Hitch, L Coaster, Hold

1-4 Rock R back, recover weight on L, turning ½ left step R back, hitch L knee up
5-8 Step L back, step R together, step L forward, hold (6 o'clock)

(25-32) R Fwd Rock & Recover, 2½ R Turning Toe Struts, R Back Rock & Recover

1-2 Rock R forward, recover weight on L
3-4 Turning ½ right step touch R toes forward, step R heel down
5-8 Turning ½ right touch L toes back, step L heel down, rock R back, recover weight on L

(33-40) Grapevine R (Small Steps) With ½ R Turn, Hip Bumps L & R, L Back Rock & Recover

1-2 Step R side, cross step L behind R
3-4 Turning ¼ right step R forward, turning ¼ right hitch L knee up (12 o'clock)
5-8 Step L side & bump hips L, bump hips R, rock L back, recover weight on R

(41-48) Grapevine L (Small Steps) With ½ L Turn, Hip Bumps R & L, R Back Rock & Recover ¼ R

1-2 Step L side, cross step R behind L
3-4 Turning ¼ left step L forward, turning ¼ left hitch R knee up (6 o'clock)
5-6 Step R side & bump hips R, bump hips L
7-8 Rock R back, recover weight on L turning ¼ right (9 o'clock)

(49-56) ½ R With 2 Step Scuffs, Run Fwd R, L, R, Hold

1-2 Turning ¼ right step R forward, scuff L forward
3-4 Turning ¼ right step L forward, scuff R forward (3 o'clock)
5-8 Step R forward, step L forward, step R forward (Take large steps – run!), hold

(57-64) L Rocking Chair, ½ R & L Back, R Hitch, R Back Rock & Recover

1-4 Rock L forward, recover weight on R, rock L back, recover weight on R
5-8 Turning ½ right step L back, hitch R knee up, rock R back, recover weight on L (9 o'clock)

ENDING: At the END of wall 7 turn ¼ left to face front and step right side. Hold

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