

# Lost The Plot

拍數: 64      牆數: 4      級數: Improver  
編舞者: Peter Metelnick (UK) & Alison Metelnick (UK) - February 2010  
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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