

# Lost

拍數: 32      牆數: 2      級數: Beginner  
編舞者: Roz Chaplin (UK) - December 2011  
音樂: Lost - Chris Young : (CD: Neon)



## 16 Count Intro

### CROSS ROCK, TRIPLE STEP IN PLACE X2

1-2            Cross rock right over left, recover onto left  
3&4           Triple step in place, stepping – right, left, right  
5-6           Cross rock left over right, recover onto right  
7&8           Triple step in place, stepping- left, right, left

### FORWARD ROCK, BACK LOCK STEP, UNWIND ½ TURN, SHUFFLE FORWARD

1-2            Rock forward on right, recover onto left  
3&4           Step back on right, lock left across right, step right back  
5-6           Touch left back, unwind ½ turn left (06.00)  
7&8           Step forward on right, close left beside right, step forward on right

### ROCK, RECOVER, BALL ROCK, RECOVER, BALL ROCK, RECOVER, ¼ CHASSE TURN,

1-2&          Rock forward on left, recover onto right, step left beside right  
3-4&          Rock forward on right, recover onto left. step right beside left  
5-6           Rock forward on left, recover onto right  
7&8           ¼ turn left – stepping left, right, left (03.00)

### CROSS ROCK, ¼ CHASSE TURN, ROCK, RECOVER, COASTER STEP

1-2            Cross rock right over left, recover onto right  
3&4           ¼ turn right, stepping right, left, right (06.00)  
5-6           Rock forward on left, recover onto right  
7&8           Step back on left, close right beside left, step forward on left

## Start Again & Enjoy

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