

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
