

You Lost Me

COPPER KNOB
BY SHEETS

拍數: 96

牆數: 2

級數: Intermediate / High Intermediate -
Semi fast waltz



編舞者: Jannie Tofte Stoian (DK) - August 2012

音樂: You Lost Me (Radio Remix) - Christina Aguilera : (iTunes)

Intro: 12 counts intro. App. 5 seconds into track – start on vocals.

[1-6] ½ R sweep, Cross ¼ L back

1-3 Turn ½ R stepping onto your R foot(1) and sweeping L from back to front (2-3) 06:00
4-6 Cross L over R, turn ¼ L stepping R back, step L back 03:00

[7-12] ½ L basic, ½ L figure 4 turn

1-3 Step R back, turn ½ L stepping L fw, step R fw 09:00
4-6 Step L fw while R foot goes to L shin (4), turn ½ L on L foot (5-6) 03:00

[13-18] R twinkle, Cross ¼ L back

1-3 Cross R over L, step L to L side, step R to R side 03:00
4-6 Cross L over R, turn ¼ L stepping R back, step L back 12:00

[19-24] ½ L Basic, ½ L sweep

1-3 Step R back, turn ½ L stepping L fw, step R fw 06:00
4-6 Step L fw (4), turn ½ L on L while sweeping R around from back to front (5-6) 12:00

[25-30] Cross side rock, Cross sweep

1-3 Cross R over L, rock L to L side, recover onto R 12:00
4-6 Cross L over R (4), sweep R around from back to front (5-6) 12:00

[31-36] Cross side rock, Cross sweep

1-3 Cross R over L, rock L to L side, recover onto R 12:00
4-6 Cross L over R (4), sweep R around from back to front (5-6) 12:00

Restart here on wall 7 facing 12:00. Change the last cross sweep with a L mambo

[37-42] Weave, Step slide

1-3 Cross R over L, step L to L side, cross R behind L 12:00
4-6 Step L big step to L side (4), slide R toward L (5-6) 12:00

[43-48] Step slide, Mambo step

1-3 Step R fw (1), slide L toward R (2-3) 12:00
4-6 Step L fw, recover onto R, step L back

Restart here on wall 2 & 5 facing 06:00

[49-54] Step sweep, Behind side cross

1-3 Step R back (1) sweeping L from front to back (2-3) 12:00
4-6 Step L behind R, step R to R side, cross L in front of R 01:30

[55-60] Step kick, Coaster step

1-3 Step R fw (1), kick L (low) fw (2-3) 01:30
4-6 Step L back, step R next to L, step L fw 01:30

[61-66] Step kick, Basic ½ R

1-3 Step R fw (1), kick L (low) fw (2-3) 01:30
4-6 Step L back, turn ½ R stepping R fw, step L fw 07:30

[67-72] Cross point prep, ½ L sweep

- 1-3 Cross R over L squaring up, point L to L side while prepping body to R 09:00
4-6 Turn ¼ L stepping onto L (4) while sweeping R around from back to front turning another ¼ L 03:00

[73-78] Step full spiral turn, Basic L

- 1-3 Step R fw, start turning full turn L on L foot, complete full turn on R foot 03:00
4-6 Step L fw, step R next to L, step L next to R 03:00

[79-84] Step ½ L sweep, Sailor step

- 1-3 Step R fw, turn ½ L on R foot while sweeping L around from front to back 09:00
4-6 Cross L behind R, step R to R side, step L to L side 09:00

[85-90] Behind ¼ L rock step, Step slide

- 1-3 Step R behind L, turn ¼ L rocking L fw, recover back onto R 06:00
4-6 Step L back (4), slide R toward L (5-6) 06:00

[91-96] Step slide, Mambo step

- 1-3 Step R fw (1), slide L toward R (2-3) 06:00
4-6 Step L fw, recover onto R, step L back 06:00

RESTARTS:- 3 Restarts..

On wall 2 & 5 after 48 counts facing 06:00.

On wall 7 after 36 counts facing 12:00 (change counts 34-36 to a L mambo step)

Ending: The music slows down at the end. Keep dancing up until count 87 then turn ½ to face the front

Good luck & enjoy!

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