

Lost In The Shuffle

拍數: 32 牆數: 4 級數: Low Intermediate - EC
編舞者: Ronald "RONNIE" Grabs (DE) - January 2013
音樂: Lost In the Shuffle - Michael Peterson



R SIDE CHASSE / L BACK ROCK-RECOVER / L SIDE CHASSE / 1/2 TURN R / R SIDE CHASSE

1&2 step right to right side, step left next to right, step right to right side,
3,4 rock left back, recover weight on right,
5&6 step left to left side, step right next to left, step left to left side,
& turn 1/2 right on left foot,
7&8 step right to right side, step left next to right, step right to right side,

L CROSS ROCK-RECOVER / L CHASSE 1/4 TURN L / STEP-1/2 TURN L / R KICK-BALL-STEP

1,2 cross rock left in front of right, recover weight on right foot,
3&4 step left to left side, step right next to left, turn 1/4 to left and step left forward,
5,6 step right foot forward, turn 1/2 to left and recover weight on left foot,
7&8 kick right forward, step right ball next to left, step left slightly forward,

R TOE-HEEL-CROSS / L TOE-HEEL-CROSS / R TOE-HEEL

1,2,3 touch right inside toe forward, touch right outside heel forward, cross step right over left,
4,5,6 touch left inside toe forward, touch left outside heel forward, cross step left over right,
7,8 touch right inside toe forward, touch right outside heel forward,

R JAZZ BOX 1/4 R WITH TOUCH / L FORWARD SHUFFLE / STEP-1/2 TURN L / 1/4 TURN L

1,2,3,4 cross step right over left, step left foot back, turn 1/4 right and step right to right side, touch
left next to right,
5&6 step left forward, step right next to left, step left forward,
7,8 step right foot forward, turn 1/2 to left and recover weight on left foot,
& turn 1/4 to left on left foot,

REPEAT

TAG: After 4th wall (face 12:00) and 10th wall (face 6:00):

R SIDE CHASSE / L BACK ROCK-RECOVER / L SIDE CHASSE / R BACK ROCK-RECOVER

1&2 step right to right side, step left next to right, step right to right side,
3,4 rock left back, recover weight on right,
5&6 step left to left side, step right next to left, step left to left side,
7,8 rock right back, recover weight on left
