

Lost

拍數: 48 牆數: 2 級數: Intermediate
編舞者: Lu Olsen (AUS) - December 2012
音樂: Lost - Faith Hill : (iTunes - 4:10)



Start on Vocals

[1- 8] Fwd/drag, Back, ½ R turn fwd, ¾ R turn, Fwd/drag, Back, Full turn, Back

1, 2 & Step R fwd/drag L behind R heel, Step L back, ½ Right turn & step R fwd
3, 4 ¼ R turn & step L to left, ½ R turn & step R fwd [3.00]
5, Step L fwd /drag R behind L heel,
6 & 7 Step R back, ½ Left turn & step L fwd, ½ Left turn & Step R back, [3.00]
8 Step L back

[9 – 16] Behind, Side, Cross, ½ unwind, Sweep, Sweep, Behind, ¼ R fwd, Fwd/drag, R Coaster cross

1 & 2 & Step R behind L, Step L to Left, Cross R over L, Unwind ½ Left turn (wgt on R) [9.00]
3, 4 Sweep L behind R, Sweep R behind L, [9.00]
5 & 6 Step L behind R, ¼ Right turn & step R fwd, Step L fwd/drag R, ** [12.00]
7 & 8 (R Coaster cross) Step R back, step L beside R, Cross R over L, ##

[17- 24] Side, ½ R hinge sway R, Sway L, Fwd, ½ R back/hold toe fwd, Fwd, ½ L back/hold toe fwd, Fwd, ¼ R turn side, Back, Together

& 1, 2 Step L to Left, ½ Right hinge turn & step/sway R to Right, Sway Left [6.00]
3 & 4 Step R fwd, ½ Right turn & step L back, Step R back & hold L toe fwd, [12.00]
5 & 6 Step L fwd, ½ Left turn & step R back, Step L back & hold R toe fwd, [6.00]
7 & 8 & Step R fwd, ¼ Right turn & step L to Left, Step R back, Step L tog [9.00]

[25- 32] Sweep fwd R, L, Sweep R, Back, ¼ side, Sweep L, ½ turn L, Sweep ½ turn R,

1, 2 Sweep R fwd, Sweep L fwd, [9.00]
3 & 4 Sweep R over L, Step L back, ¼ Right turn & step R to Right [12.00]
5 & 6 Sweep L over R, ¼ Left turn & step R back, Step ¼ Left turn & step L to Left [6.00]
7 & 8 Sweep R over L, ¼ Right turn & step L back, ¼ Right turn & step R to Right [12.00]

[33 – 40] Cross L Dorothy, Cross R Dorothy, Fwd, ½ R turn, Fwd, ¾ L turn fwd, Fwd

1, 2 & (Moves slowly fwd) Cross L over R, Step R behind L, Step L fwd,
3, 4 & (Moves slowly fwd) Cross R over L, Step L behind R, Step R fwd,
5 & 6 Step L fwd, ½ Right pivot turn, Step L fwd, [6.00]
7 & 8 ¼ Left turn & step R back, ½ Left turn & Step L fwd, Step R fwd [9.00]

[41 – 48] L Lock fwd, ½ turn back, Back, Fwd, ½ R turn back, Toe behind, Unwind, Back, Coaster

1 & 2 (Left lock fwd) Step L fwd, Lock R behind L, Step L fwd, [9.00]
& 3, 4 & ½ Left turn and step R back, Step L back, Step R Fwd, ½ Right turn and step L Back,
5 & 6 Right toe behind L, ¾ Right unwind (Wgt on L), Step R back, [6.00]
7 & 8 (Left Coaster) Step L back, Step R beside L, Step L fwd [6.00]

TAG: End of Wall 1 and Wall 3 add the following:

1, 2 Sway Right, Sway Left

Wall 5 front wall (short wall) dance to count 16 ## add (& Step L together) - Start Wall 6 (front)

Ending Wall 7 back wall- dance to count 14 ** and finish dance to the front with

7 & 8 Step R back, ½ Left turn & step L fwd, Step R fwd/drag L

Enjoy!

Contact - Lu Olsen: 03 9735 1219 (h), Mob: 0438 735 122 - Email: luolsen@bigpond.net.au
