

Lost Without Cha

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Choregraphie par : Gaye Teather – UK

Description : 32 temps, 4 murs, Débutant, Mars 2019

Musique : Missing You by Wade Bowen (119 bpm.) CD: If We Ever Make It Home

Track available from iTunes, Amazon etc

#32 count intro

Weave Left. Cross rock. Chasse quarter turn Right

1 – 2 Cross Right over Left. Step Left to Left side

3 – 4 Cross Right behind Left. Step Left to Left side

5 – 6 Cross rock Right over Left. Recover onto Left

7&8 Step Right to Right side. Step Left beside Right. 1/4 turn Right stepping forward on Right (3 o'clock)

***Restart: At the end of wall 3 you will be facing 9 o'clock.**

Dance counts 1 – 6 of the above section then step quarter turn Right to face front. Step Left beside Right and restart from beginning

Step forward. Kick. Step back. Touch. Step. Lock. Step-Lock-Step

1 – 2 Step forward on Left. Kick Right foot forward

3 – 4 Step back on Right. Touch Left toe back

5 – 6 Step forward on Left. Lock Right behind Left

Option: Dip knees slightly on lock (count 6)

7&8 Step forward on Left. Lock Right behind Left. Step forward on Left

Step. Pivot half turn Left. Shuffle forward. Step. Pivot half turn Right. Shuffle forward

1 – 2 Step forward on Right. Pivot half turn Left

3&4 Step forward on Right. Step Left beside Right. Step forward on Right

5 – 6 Step forward on Left. Pivot half turn Right (3 o'clock)

7&8 Step forward on Left. Step Right beside Left. Step forward on Left

Right kick-ball-change (X2). Cross rock. Side rock

1&2 Kick Right foot forward. Step Right beside Left. Step Left in place

3&4 Kick Right foot forward. Step Right beside Left. Step Left in place

5 – 6 Cross rock Right over Left. Recover onto Left. Rock Right to Right side. Recover onto Left

Start again

(127)