Lost & Profound

Ebene: Beginner

Choreograf/in: Lene Mainz Pedersen (DK) - April 2019 Musik: Lost & Profound - Kristian Kjærlund : (iTunes)

Intro: 16 Counts from heavy beat

Count: 32

The Music are the winner song of the Danish X-Factor 2019 – amazing performance all the way through <3

[Sec. 1] WALK R,L,R, HOLD, JAZZ 1/4 L, STEP R TOGETHER

- 1 4 Walk fw R, Walk fw L, Walk fw R, HOLD
- Cross L infront of R, Turn 1/4 L Stepping back on R, Step L to L side, Step R beside L (9:00) 5 - 8

[Sec. 2] STEP L, TOUCH R, STEP R, TOUCH L, CHASSE 1/4 L, HOLD

- 1 4 Step L to L side, Touch R beside L, Step R to R side, Touch L beside R
- 5 8 Step L to L side, Step R beside L, Turn 1/4 L stepping L fw, HOLD (6:00)

[Sec. 3] MAMBO PUSH, HOLD, MAMBO 1/4 L, HOLD

- 1 4Rock R fw, Recover on L, Step R beside L while pushing your but back \Box
- 5 8 Rock L fw, Recover on R, Turn 1/4 L stepping L to L side, HOLD (3:00)

[Sec. 4] WEAVE L, SWEEP, BEHIND SIDE CROSS, SWEEP

- 1 4Cross R in front of L, Step L to L side, Cross R behind L, Sweep L from front to back
- 5 8 Cross L behind R, Step R to R side, Cross L in front of R, Sweep R from back to front

Begin Again

Tag: After 4 Wall (12:00) - REPEAT SEC. 4 (12:00)

ENDING: 11 Wall – Change Count 32 of the dance by turning 1/4 R stepping R fw (12:00) - Tadaaaaa

Contact: lene.m@privat.dk - www.happylinedanceherning.dk





Wand: 4