

# Lost

Count: 64

Wand: 2

Ebene: Phrased Improver

Choreograf/in: Eka Amalia (INA), Anna Bax (INA) & Nurul Qolbiah (INA) - June 2021

Musik: Lost - Maroon 5



Intro music on vocal 8 counts

Sequence : AA BB AA BB AA TAG (4 count) BB

## \*PHRASED A\*

### \*S1 : SWITCHED TOUCH (TOE - HEEL) - STOMP - SIDE TOUCH\*

1 - 2 - 3 - 4 Touch R toes forward, Touch R heels forward, Dropped R in place, Touch L toes to side  
5 - 6 - 7 - 8 Touch L toes forward, Touch L heels forward, Dropped L in place, Touch R toes to side

### \*S2 : SWITCHED BACKWARD & KICK - CROSS BEHIND & TOUCH\*

1 - 2 - 3 - 4 Step R backward, Kick L forward, Step L backward, Kick R forward  
5 - 6 - 7 - 8 Cross R behind left, Touch L toes to side, Cross L behind right, Touch R toes to side

### \*S3 : TURN ¼ RIGHT JAZZBOX - HITCH - BACK POINT - TURN ¼ RIGHT HITCH - TOUCH\*

1 - 2 Turn ¼ right Cross R over left, Rock L backward  
3 - 4 Step R to side, Rock L forward  
5 - 6 Hitch R forward, Pointed R toes backward  
7 - 8 Turn ¼ right Hitch R forward, Touch R toes beside left

### \*S4 : SWITCHED TOUCH HEEL FWD (R-L) - JAZZBOX\*

1 - 2 & Touch R heels forward, Hold, Close R together  
3 - 4 & Touch L heels forward, Hold, Close L together  
5 - 6 Cross R over left, Rock L backward  
7 - 8 Step R to side, Rock L forward

## \*PHRASED B\*

### \*S1 : TOE STRUT (R - L) - SIDE ROCK - COASTER STEP\*

1 - 2 Touch R toes diagonal forward, Dropped R heel  
3 - 4 Touch L toes cross over right, Dropped L heel  
5 - 6 Rock R to side, Recover on L  
7 & 8 Rock R backward, Close L together, Step R forward

### \*S2 : TURN ¼ RIGHT PIVOT - HITCH - KICK - HOOK - ROCKIN CHAIR\*

1 - 2 Step L forward, Turn ¼ right weight on R (facing on 03:00)  
3 - 4 Hitch L forward, Kick L forward  
5 - 6 Hook L forward, Step L forward  
7 - 8 Rock R forward, Recover on L

### \*S3 : SWITCHES SIDE - SIDE HEELS (R - L) - CROSS BEHIND - SIDE POINTED - TURN ¼ RIGHT FLICK\*

1 - 2 - 3 - 4 Step R to side, Touch L heels to side, Dropped L heels, Touch R heels to side  
5 & 6 Cross R behind left, Step L to side, Cross R over left  
7 - 8 Pointed L toes to side, Turn ¼ right L flick (facing on 06:00)

### \*S4 : ROCKIN CHAIR - TOUCH - FULL TURN RIGHT\*

1 - 2 Rock L forward, Recover on R  
3 - 4 Rock L backward, Touch R toes beside left  
5 - 6 Turn ¼ right Step R forward, Turn ½ right Step L backward  
7 - 8 Turn ¼ right Step R to side, Close L together

**\*TAG (4 counts) after wall 10 (facing on 12:00)\***

**\*V STEP\***

1 - 2 - 3 - 4      Step R diagonal forward, Step L diagonal forward, Step R back to home/center, Step L back beside right

Enjoy your dance ♥

Thank you

For more info about song & step sheet, please contact : Anna Bax : [anna.franciscusbax@gmail.com](mailto:anna.franciscusbax@gmail.com)

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