

Lost

Count: 32

Wand: 2

Ebene: Beginner

Choreograf/in: Roz Chaplin (UK) - December 2011

Musik: Lost - Chris Young : (CD: Neon)



16 Count Intro

CROSS ROCK, TRIPLE STEP IN PLACE X2

- 1-2 Cross rock right over left, recover onto left
- 3&4 Triple step in place, stepping – right, left, right
- 5-6 Cross rock left over right, recover onto right
- 7&8 Triple step in place, stepping- left, right, left

FORWARD ROCK, BACK LOCK STEP, UNWIND ½ TURN, SHUFFLE FORWARD

- 1-2 Rock forward on right, recover onto left
- 3&4 Step back on right, lock left across right, step right back
- 5-6 Touch left back, unwind ½ turn left (06.00)
- 7&8 Step forward on right, close left beside right, step forward on right

ROCK, RECOVER, BALL ROCK, RECOVER, BALL ROCK, RECOVER, ¼ CHASSE TURN,

- 1-2& Rock forward on left, recover onto right, step left beside right
- 3-4& Rock forward on right, recover onto left. step right beside left
- 5-6 Rock forward on left, recover onto right
- 7&8 ¼ turn left – stepping left, right, left (03.00)

CROSS ROCK, ¼ CHASSE TURN, ROCK, RECOVER, COASTER STEP

- 1-2 Cross rock right over left, recover onto right
- 3&4 ¼ turn right, stepping right, left, right (06.00)
- 5-6 Rock forward on left, recover onto right
- 7&8 Step back on left, close right beside left, step forward on left

Start Again & Enjoy
