

Lost In Emotion

Count: 32

Wall: 4

Level: Beginner

Choreographer: Jeffrey Callejo (USA) - November 2019

Music: Lost In Emotion - Lisa Lisa & Cult Jam

or: Christmas (Baby Please Come Home) - Mariah Carey



S1 Toe Heel Strut, Toe Heel Strut, Side Shuffle, Rock Recover

- 1-2 (1) Touch Right toe to right side, (2) Drop Right heel
3-4 (3) Cross Left foot over right and touch Left toe, (4) Drop Left heel
5&6 (5) Step Right foot to right side, (&) Step Left foot next to right, (6) Step Right foot to right side
7-8 (7) Rock Left foot behind right, (8) Recover weight back to right foot.

S2 Toe Heel Strut, Toe Heel Strut, Side Shuffle, Rock Recover

- 1-2 (1) Touch Left toe to left side, (2) Drop Left heel
3-4 (3) Cross Right foot over Left and touch Right heel, (4) Drop Right heel
5&6 (5) Step Left foot to left side, (&) Step Right foot next to left, (6) Step Left foot to left side
7-8 (7) Rock Right foot behind left, (8) Recover weight back to Left foot.

S3 Shuffle, ½ Pivot, Shuffle, ½ Pivot

- 1&2 (1) Step Right foot forward, (&) Step Left next to right, (2) Step Right foot forward
3-4 (3) Step Left forward, (4) ½ turn right placing weight on right foot
5&6 (5) Step Left foot forward, (7) Step Right next to left, (6) Step Left foot forward
7-8 (7) Step Right forward, (8) ½ Left placing weight on left foot

S4 Cross, Point, Cross Point, ¼ turn Jazz Box, Cross

- 1-2 (1) Step Right foot forward and across left, (2) Touch Left toe to left side
3-4 (3) Step Left foot forward and across right, (4) Touch Right toe to right side
5-6 (5) Cross Right over left, (6) Start ¼ turn right and step Back Left
7-8 (7) Finish up ¼ turn right by stepping right to right side, (8) Cross Left over right.

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