

Lost In Music

Count: 32

Wall: 4

Level: Improver

Choreographer: Daniel Exton (UK) - November 2022

Music: Lost In Music - Sister Sledge



S1: Charleston Step, Kick Ball, Kick Ball

- 1, 2 Right foot forward, Kick Left foot out
- 3, 4 Put Left foot down, Touch Right foot back
- 5 & 6 Kick Right foot forward, Place Right foot down, Place Left foot down
- 7 & 8 Kick Left foot forward, Place Left foot down, Place Right foot down

S2: Side Rock, Cross Shuffle, Side Step, 1/4 Turn, Stomp, Touch

- 1, 2 Rock Right to Right side, Recover onto Left
- 3 & 4 Cross Shuffle Right over Left
- 5, 6 Step Left to Left side, 1/4 turn Right,
- 7, 8 Stomp Right foot, Touch Left foot

S3: Touch, Cross, Touch, Cross, Rocking Chair

- 1, 2 Touch Left to Left side, Cross Left over Right
- 3, 4 Touch Right foot to Right Side, Cross Right over Left
- 5, 6 Rock Forward on Left foot, Recover onto Right
- 7, 8 Rock Back on Left foot, Recover onto Right

S4: Rock, Recover, Shuffle 1/2 Turn, Jazzbox

- 1, 2 Rock forward on Left foot, Recover onto Right
- 3 & 4 Left foot forward with 1/4 turn Left, Right foot next to Left, Left foot forward with 1/4 turn Left
- 5, 6 Cross Right foot over Left, Left foot back
- 7, 8 Right foot to Right side, Left foot next to Right

* No Tags - No Restarts
