

# Lost In A Feeling

Count: 32

Wall: 1

Level: Improver

Choreographer: Chris Cleevely (UK)

Music: Lost In a Feeling - Claudia Church



## DIAGONAL RIGHT CHASSE; DIAGONAL LEFT CHASSE; HIP BUMPS

- 1&2 On right diagonal, step right, left, right  
3&4 On left diagonal, step left, right, left  
5-6 Hip bumps right, hip bumps left (moving body down & up)  
7&8 Hip bumps right, left, right

### Optional hand movements

- 5-8 Cross wrists with fists clenched at chest level, slightly away from chest

## LEFT SAILOR STEP; FULL TURN; MODIFIED KICK BALL CHANGE; STEP RIGHT, CROSS LEFT BEHIND

- 9&10 Step left behind right, step right to side, step left in place  
11-12 Step back on right, make ½ turn right, step forward on left, make ½ turn right (or walk back right, left)  
13&14 Kick right foot forward, step back on right, step left in place  
15-16 Step right, cross left behind (bending knees slightly)

### Optional hands

- 15-18 Cross hands behind, below waist

## RIGHT ¼ TURN SHUFFLE; RIGHT ½ TURN; LEFT SHUFFLE; STEP RIGHT, CROSS LEFT BEHIND

- 17&18 Make ¼ turn shuffle right, stepping right, left, right  
19-20 Step forward on left and make ½ turn right  
21-22 Shuffle forward left, right, left  
23&24 Step right, cross left behind (bending knees slightly)

## RIGHT ¼ TURN SHUFFLE; 2 X FORWARD KICKS; MODIFIED ROCK STEP (CHARLIE); RIGHT KICK BALL CHANGE

- 25&26 Make ¼ turn shuffle right, stepping right, left, right  
27-28 Kick left foot forward, kick right foot forward  
29-30 Step back on right, leaning into step, push weight up onto left  
31-32 Kick right foot forward, step on right, step left in place

## REPEAT

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