

# Lost My Breath

Compte: 32

Mur: 4

Niveau: Easy Intermediate



Chorégraphe: Kim Liebsch (DK) - November 2015

Musique: Poetic - Seinabo Sey

**Intro: 16 counts after 1<sup>st</sup> beat( appr. 13 seconds) Start with weight on L foot**

**Restarts: On wall 2 after 16 counts \*(12:00)**

**Tag: After wall 4 repeat counts 17-32(section 3 & 4) then start again**

**Ending: Sweep R to face 12:00**

**#1 section: □Rock recover, sailor ¼ turn, rock recover, back lock back together (ball) □**

1-2 Rock fw. on R, recover on L □ 12:00

3&4 Make ¼ turn R while sweeping R behind L, step L to L side, step R to R side □ 3:00

5-6 Rock fw. on L, recover on R □ 3:00

7&8& Step back on L, lock R in front of L, step Back on L, step R next to L □ 3:00

**#2 section: □Step ¼ turn, cross shuffle, ¼ turn recover, step lock step step □**

1-2 Step fw. on L, make ¼ turn R stepping R to R side □ 6:00

3&4 Cross L over R, step R to R side, cross L over R □ 6:00

5-6 Make ¼ turn L stepping R to R side, recover on L □ 3:00

7&8& Step fw. on R, lock L behind R, step fw. on R, step fw. on L □ 3:00

**#3 section: □Step ¼ turn, cross shuffle, side rock, behind side cross side □**

1-2 Step fw. on R, make ¼ turn L stepping L to L side □ 12:00

3&4 Cross R over L, step L to L side, cross R over L □ 12:00

5-6 Rock L to L side, recover on R □ 12:00

7&8& Cross L behind R, step R to R side, cross L over R, step R to R side □ 12:00

**#4 section: □Cross side, sailor step, behind ¼ turn, 2 X step ½ turn □**

1-2 Cross, L over R, step R to R side □ 12:00

3&4 Cross L behind R, step R to R side, step L to L side □ 12:00

5-6 Cross R behind L, make ¼ turn L stepping fw. on L □ 9:00

7&8& Step fw. on R, make ½ turn L stepping fw. on L, step fw. on R, make ½ turn L stepping fw. on L □ 9:00

**Good Luck & N'joy!**