

# Totally Lost

**COPPER** **KNOB**  
BY STEPHEN

**Compte:** 32

**Mur:** 4

**Niveau:** Intermediate - Novelty

**Chorégraphe:** Emma Ruhnau (DE) & Adam Åstmar (SWE) - January 2023

**Musique:** Lost - Frank Ocean : (iTunes)



**Intro: 20 counts. Approx. 11 seconds.**

## **Sect – 1 Back with Drag. Ball ¼ Cross. ¼. Step ½ Turn. Kick Ball Touch.**

- 1 – 2 Step back on RF dragging LF to RF (1). Continue dragging LF (2).  
& 3 – 4 Ball Step LF next to RF. (&). Turn ¼ R cross RF over LF (3). {3:00} Turn ¼ L stepping forward on LF (4). {12:00}  
5 – 6 Step forward on RF (5). Turn ½ L placing weight on LF (6). {6:00}  
7 & 8 Kick RF forward (7). Ball step RF next to LF (&). Touch LF next to RF (8).

## **Sect – 2 Side Rock. Behind Side Cross. ¼. Back. Out Out, In In.**

- 1 – 2 Rock to L on LF (1). Recover on RF (2).  
3 & 4 Step LF behind RF (3). Step to R on RF (&). Cross LF over RF (4).  
5 – 6 Turn ¼ L stepping back on RF (5). Step back on LF (6). {3:00}  
& 7 & 8 Step out to R on RF (&). Step out to L on LF (7). Step in on RF (&). Close LF next to RF (8).

## **Sect – 3 Apple Jacks. Heel Grind. Ball Cross. ¼ Back. Back.**

- 1 & 2 & With weight on L toe and R heel, swivel L heel and R toe to R (1). Return to center (&). Change weight to R toe and L heel and swivel R heel and L toe to L (2). Return to center (&).  
3 & 4 With weight on L toe and R heel, swivel L heel and R toe to R (3). Return to center (&). Change weight to R toe and L heel and swivel R heel and L toe to L, placing the weight on LF (2).  
5 – 6 & Grind R heel forward (5), Step to L on LF (2), step RF next to LF (&).  
7 & 8 Cross LF over RF (7). Turn ¼ L stepping back on RF (&). Step back on LF (8). {12:00}

## **Sect – 4 Back with Body Roll. Heel. Shuffle Forward. Jazz Box ¼ Hitch.**

- 1 – 2 Step back on RF rolling body back (1). Touch L heel forward (2).  
3 & 4 Step forward on LF (3). Close RF next to LF (&). Step forward on LF (4).  
5 – 6 & Cross RF over LF (5). Turn ¼ R stepping back on LF (6). Step to R on RF (&). {3:00}  
7 – 8 Step forward on LF (7). Hitch R knee forward (8).

**Have fun!**

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