

Lose It In The Music

Compte: 64

Mur: 2

Niveau: Improver

Chorégraphe: Rex Allott (UK) - December 2023

Musique: Dancefloor - Kylie Minogue

ou: Club a-Go-Go - The Animals

ou: Run Rudolf Run by Chuck Berry



Intro - 32 beats

S1. Modified fwd jazz box R with pauses

- 1-2. Cross L over R, pause
- 3-4. Step R fwd, pause
- 5-6. Step L to L, pause
- 7-8. Step R back, step L next to R

S2. Modified fwd jazz box L with pauses

- 1-2. Cross R over L, pause
- 3-4. Step L fwd, pause
- 5-6. Step R to R, pause
- 7-8. Step L back, step R next to L

S3. R kick x 2, R heel stomp x 2, L kick x 2, L heel stomp x 2

- 1-2. Kick R heel out diagonally R x 2
- 3-4. Stomp R heel x 2
- 5-6. Kick L heel out diagonally L x 2
- 7-8. Stomp L heel x 2

S4. R rocking chair, full walking turn R

- 1-2. Rock R fwd, back on L
- 3-4. Rock R back fwd on L
- 5-6. Turning 1/2 R step R, L
- 7-8. Turning 1/2 R step R, L

S5. Stomp R, L heel, toe swivel, toe fans R, L

- 1-2. Stomp R to R, twist L heel R
- 3-4. Fan L toe R, twist L heel R
- 5-6. Fan R toe R, return
- 7-8. Fan L toe L, return

S6. Stomp L, R heel, toe swivel, toe fans L, R

- 1-2. Stomp L to L, twist R heel L
- 3-4. Fan R toe L, twist R heel L
- 5-6. Fan L toe L
- 7-8. Fan R toe R

S7. Turning 1/4 L step R back, pause, step L next to R, pause, R rocking chair

- 1-2. Turning 1/4 L step R back, pause
- 3-4. Step L next to R, pause
- 5-6. Rock R fwd, back on L
- 7-8. Rock R back, fwd on L

S8. Turning 1/4 L step L fwd, pause, step R next to L, pause, reverse L rock step

- 1-2. Turning 1/4 L, step L fwd, pause
- 3-4. Step R. next to L, pause
- 5-6. Rock L back, R fwd
- 7-8. Rock R fwd, L back

Tag.

S1. Step sway R, R cross shuffle, step sway R, L cross shuffle

- 1-2. Step sway R to R, return weight to L
- 3&4. Cross R over L, step L to L, cross R over L
- 5-6. Step sway L to L, return weight to R
- 7&8. Cross L over R, step R to R, cross L over R

S2. Point toes R diagonally fwd, return, R, L, R rocking chair

- 1-2. Point R toe diagonally out R, pause
- &3-4 Step R next to L, point L toe diagonally out L, pause
- &5-6 Step L next to R, rock R fwd, back on L
- 7-8. Rock back on R, fwd on L

Restart after 1st S4. (12 o'clock)

Restart after 2nd S6. (6 o'clock)

Tag (omit S2. &5-8) after 2nd S8. (12 o'clock)

Tag plus extra tag S2 after 6th S2. (6 o'clock)

Alternative music - Club A Go-Go by The Animals (no tags or restarts)

Christmas music - Run Rudolf Run by Chuck Berry (restart after 1st S4, thereafter omit S3. & S4. No tags)
