

Lost In A Feeling

Compte: 32

Mur: 1

Niveau: Improver

Chorégraphe: Chris Cleevely (UK)

Musique: 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
