

# Lost In The Moment

拍数: 48                      墙数: 4                      级数: Improver  
编舞者: Lesley Stewart (SCO) - November 2019  
音乐: I Loved Her First - Heartland



Intro 24 count intro start on vocals

Restarts On wall 3 & 7 dance up to count 24 then restart the dance. On wall 5 dance up to count 36 and restart the dance\*\*\*\*

## RIGHT DIAGONAL STEP KICK, COASTER STEP

1-2-3                      Step forward on left (right diagonal), kick right forward over 2 counts  
4-5-6                      Step back on right, step left next to right, step forward on right

## ½ TURN BASIC WALTZ STEP, COASTER STEP

1-2-3                      ¼ turn left stepping on left, step right next to left, ½ turn left stepping on left  
4-5-6                      Step back on right, step left next to right, step forward on right (now in the opposite corner)

## RIGHT DIAGONAL STEP KICK, COASTER STEP

1-2-3                      Step forward on left (right diagonal), kick right forward over 2 counts  
4-5-6                      Step back on right, step left next to right, step forward on right

## ½ TURN BASIC WALTZ STEP, COASTER STEP

1-2-3                      ¼ turn left stepping on left, step right next to left, ½ turn left stepping on left  
4-5-6                      Step back on right, step left next to right, step forward on right\*\*\*\*\*

## LEFT TWINKLE, RIGHT TWINKLE ¼ TURN

1-2-3                      Cross step left over right, step right to next to left, step left in place  
4-5-6                      Cross step right over left, ¼ turn right stepping back on left, step right next to left

## LEFT TWINKLE, RIGHT TWINKLE ¼ TURN

1-2-3                      Cross step left over right, step right next to left, step left in place  
4-5-6                      Cross step right over left, ¼ turn right stepping back on left, step right next to left\*\*\*\*\*

## CROSS SIDE BEHIND, LARGE STEP DRAG

1-2-3                      Cross step left over right, step right to right side, step left behind right  
4-5-6                      Large step right side, drag left to right over 2 counts

## ¼ TURN LEFT BASIC WALTZ STEP, ½ TURN BASIC WALTZ STEP

1-2-3                      ¼ turn left stepping forward on left, step right next to left, step left in place  
4-5-6                      ¼ turn left stepping forward on right, step left next to right, ¼ turn left stepping forward on right

Start Again.....Happy Dancing.....