

# Totally Lost

拍数: 32      墙数: 4      级数: Intermediate - Novelty  
编舞者: Emma Ruhnau (DE) & Adam Åstmar (SWE) - January 2023  
音乐: Lost - Frank Ocean : (iTunes)



Intro: 20 counts. Approx. 11 seconds.

## Sect – 1 Back with Drag. Ball $\frac{1}{4}$ Cross. $\frac{1}{4}$ . Step $\frac{1}{2}$ 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  $\frac{1}{4}$  R cross RF over LF (3). {3:00} Turn  $\frac{1}{4}$  L stepping forward on LF (4). {12:00}  
5 – 6      Step forward on RF (5). Turn  $\frac{1}{2}$  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. $\frac{1}{4}$ . 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  $\frac{1}{4}$  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. $\frac{1}{4}$ 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  $\frac{1}{4}$  L stepping back on RF (&). Step back on LF (8). {12:00}

## Sect – 4 Back with Body Roll. Heel. Shuffle Forward. Jazz Box $\frac{1}{4}$ 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  $\frac{1}{4}$  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!