

# Lost In The Rhythm

COPPER KNOB  
STEPSHEETS

拍数: 32      墙数: 4      级数: Improver  
编舞者: Suzi Beau (ENG) - July 2023  
音乐: Lost in the Rhythm - Jamie Berry & Octavia Rose



**Intro: 32 Counts. Start On Heavy Beat**

**Section 1 Step kick coaster cross, tap tap behind side cross**

1 2            Step Forward on R, Kick L  
3&4           Step back on L, close R to L cross L over R  
5,6            Tap R to R diagonal X2  
7&8            Step R behind L, step L to L side, Cross R over L

**Section 2 Side rock , sailor ½ L jazzbox, swivet**

1,2            Rock L to L side, recover R  
3&4            Turn half L stepping L back, step R to R side, step L in place  
5 6            Cross R over L, Step L back  
7&8            Step R to R side, Swivet R (Recover weight on R)

**Section 3 Side rock ,behind ¼ step Skate X 4 (Dips)**

1 2            Rock L to L side, recover R  
3&4            Step L behind R,turn ¼ R stepping forward R, step forward L  
5,6            Skate R, Skate L dipping down  
7 8            Skate R straighten up, Skate L dip down

**(Optional styling jazz hands when doing the skates)**

**Section 4. Forward rock shuffle ½ R walk walk run run run (½ R)**

1,2            Rock forward on R recover on L  
3&4            Shuffle ½ R stepping L,R,L  
5, 6            Turn ½ R over 4 counts in an arc stepping R,L  
7&8.           Continue arc Run L,R,L  
**(Optional styling arms down to the side hands palm down whilst running)**

**Restart wall 4 after swivet**

**Only this time recover weight L to start again on R foot.**