

# Lost In A Feeling

拍数: 32      墙数: 1      级数: Improver  
编舞者: Chris Cleevely (UK)  
音乐: 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

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