

# Lost

拍数: 32      墙数: 4      级数: Improver / Easy Intermediate  
编舞者: Gaye Teather (UK) - May 2013  
音乐: Lost In You - Darius Rucker : (CD: True Believers)



## 32 count intro - Dance rotates in CW direction

### Step. Pivot half turn Left. Triple half turn Left. Quarter turn Left sway. Sway. Sway. Ball cross

1 – 2      Step forward on Right. Pivot half turn Left  
3&4      Triple half turn Left stepping Right. Left. Right  
5 – 6      Quarter turn Left stepping Left to Left side and swaying hips Left. Sway hips Right (Facing 9 o'clock)  
7&8      Sway hips Left. Step Right slightly back. Cross Left over Right

**Styling point (optional).** On the sways where Darius sings 'waves of the ocean' push hands Left and Right in a wave motion

### Side Right. Rock back. Quarter turn Left shuffle forward. Forward rock. Ball. Step

1 – 3      Step Right to Right side. Rock back on Left. Recover onto Right  
4&5      Quarter turn Left stepping forward on Left. Step Right beside Left. Step forward on Left (Facing 6 o'clock)  
6 – 7      Rock forward on Right. Recover onto Left  
&8      Step Right beside Left. Step forward on Left

**\*Restart from the beginning at this point during wall 3 (You will be facing 12 o'clock)**

### Forward rock. Shuffle half turn Right. Half turn Right x 2. Step. Pivot half turn Right. Step

1 – 2      Rock forward on Right. Recover onto Left  
3&4      Shuffle half turn Right stepping Right. Left. Right  
5 – 6      Half turn Right stepping back on Left. Half turn Right stepping forward on Right

### Non-turning option for counts 5 – 6: Walk forward Left. Right

7&8      Step forward on Left. Pivot half turn Right. Step forward on Left (Facing 6 o'clock)

### Forward rock. Coaster step. Touch across. Sweep/ronde. Sailor quarter turn Left

1 – 2      Rock forward on Right. Recover onto Left  
3&4      Step back on Right. Step Left beside Right. Step forward on Right  
5 – 6      Touch Left toes across Right. Sweep out and around to left side  
7&8      Quarter turn Left crossing Left behind Right. Step Right to Right side. Step forward on Left (Facing 3 o'clock)

## Start again

**Ending:** The music ends on count 5 of the final section (Touch Left toes across Right). You will be facing 12 o'clock. Sweep Left around to Left crossing behind Right (count 7). Unwind a full turn Left (count 8) for a nice finish facing front