

# Lost and Lonely

拍數: 72      牆數: 2      級數: Intermediate waltz  
編舞者: Lotte Irmgarth (DK) & Tina Elmholt (DK) - January 2019  
音樂: Lost and Lonely - Aaron Lewis



**Intro: 48 Counts (Start on lyrics, "Shattered")**

**Rock ¼ turn, twinkle ½ turn L**

1-2-3      Rock R forward, recover on L, turn ¼ R, stepping R to R side, (03:00)  
4-5-6      Cross L over R, turn ¼ stepping L back on R, turn ¼ L, stepping L to L side, (09:00)

**Twinkle R, twinkle ¾ L,**

1-2-3      Cross R over L, L to L side, R to R side, (09:00)  
4-5-6      Cross L over R, turn ¼ stepping back on R, turn ¾ L, stepping L forward (04:30)

**Forward kick L, L half turn,**

1-2-3      Step forward on R, slow kick L forward, (04:30)  
4-5-6      Turn ¼ L, stepping L to L side, R next to L, turn ¼ L, stepping L forward, (10:30)

**Restart here on wall 3, start again (12:00)**

**Twinkle ⅛ R, cross L, back, back,**

1-2-3      Cross R over L, turn ⅛, stepping L to L side, R to R side, (12:00)  
4-5-6      Cross L over R, step back on R, step back on L, (12:00)

**Cross R, back, back, coaster L,**

1-2-3      Cross R over L, step back on L, step back on R, (12:00)  
3-4-5      Step back on L, R next to L, step L forward, (12:00)

**Step R, sweep L, step L, sweep R,**

1-2-3      Step R forward, sweep L forward, (12:00)  
4-5-6      Step L forward, sweep R forward, (12:00)

**Twinkle ¼ R, weave R,**

1-2-3      Cross R over L, step back on L, turn ¼ R, step R to R side, (03:00)  
4-5-6      Cross L over R, R to R side, L behind R, (03:00)

**Side drag R, rolling vine L,**

1-2-3      Step R to R side, drag L into R, (03:00)  
4-5-6      ¼ turn L, step L forward, ½ turn L, step R back, ¼ L step L to L side, (03:00)

**Twinkle ¼ R, cross point R,**

1-2-3      Cross R over L, turn ¼ R, step back on L, step R to R side, (06:00)  
4-5-6      Cross L over R, point R to R side, (06:00)

**½ turn R point L, ½ turn L point sweep R,**

1-2-3      Turn ½ R, stepping down on R, point L to L side, (12:00)  
4-5-6      Turn ½ L, stepping down on L, point R into sweep, (06:00)

**Twinkle R, Twinkle L**

1-2-3      Cross R over L, L to L side, Step R to R side, (06:00)  
4-5-6      Cross L over R, R to R side, Step L to L side, (06:00)

**Forward R, slide L, back L, slide R**

1-2-3 Step forward on R, slide L forward to R, (06:00)

4-5-6 Step back on L, slide R back to L, (06:00)

**Restart: Wall 3, after 18 count (12:00)**

**Last Update – 10 Jan. 2019**

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