

# Lost

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Chris Mann (AUS) - October 2019  
音樂: Lost (feat. Clean Bandit) - End of the World : (Album: Lost - Single)



Start after 32 counts (approx. 16 sec), with weight on left (intro ends on the lyrics "throw my heart in the frost").

**[1-6] Rock forward, back, ball heel, hold ball cross, sweep**

1, 2            Rock forward on right, replace weight back on left  
&3, 4        Step right beside left and tap left heel forward, hold  
&5, 6        Step left beside right, step right across left and sweep left around to front

**[7-10] Jazz box cross**

7, 8            Step left across right, step right back  
1, 2            Step left beside right, step right across left

**[11-16] Side, behind ball cross, point, back, point**

3, 4&        Step left to side, step right behind left, step left to side  
5, 6            Step right across left, point left to side  
7, 8            Step left back, point right to side

**[17-20] Cross kick ball change, ¼ turn kick ball change**

1&2            Kick right foot across left, step onto ball of right, change weight to left  
3&4            (\*) Turn ¼ left and kick right foot forward, step onto ball of right, change weight to left  
(Wall 10: Restart facing back wall)

**[21-26] Rock forward, back, 1 ½ turn, shuffle forward**

5, 6            Rock forward on right, replace weight back on left  
7, 8            Turn ½ right and step forward on right, turn ½ right and step back on left  
1&2            Turn ½ right and shuffle forward stepping right, left, right

**[27-32] Rock forward, back, ½ turn, hold, full turn**

3, 4            Rock forward on left, replace weight back on right  
5, 6            Turn ½ left and step forward on left, hold  
7, 8            Turn ½ left and step back on right, turn ½ left and step forward on left

**[32] Repeat dance facing new wall (dance moves counter-clockwise)**

This sheet is correct as of October 11, 2019.  
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