
16 count intro for both tracks

- 1 - 9 Side, Back Rock, ¼ Turn, Back Rock, Step, ½ Turn x 2, Step, Forward Rock, ½ Turn, Step**
1, 2&3 Step L to left side (1), Rock back on R (2), Recover on L (&), ¼ turn left stepping back on R dragging L back to R (3), 9.00
4&5 Rock back on L (4), Recover on R (&), Step fwd on L (5)
6&7 ½ turn left stepping back on R (6), ½ turn left stepping fwd on L (&), Step fwd on R (7)
Easier alternative: Step/Lock/ Step on R (6), L (&), R (7)
8&1 Rock fwd on L (8), Recover onto R (&), ½ turn left stepping fwd on L (1) 3.00

- 10 - 17 Forward Rock, Recover, Side, Cross, Recover, Side, Cross, Recover, Side**
2&3 Rock fwd on R (2), Recover on L to face 4.30 (&), Step R to side (3) 4.30
4&5 Cross L over R (4), Step back on R to face 1.30 (&), Step L to side (5) 1.30
6&7 Cross R over L (6), Step back on L straightening up on 3.00 wall (&), R long step to right side (7) 3.00
8&1 Rock back on L (8), Recover on R (&), ¼ turn to left stepping fwd on L (1) 12.00
Restart occurs here on Wall 4 facing 6.00. Replace count 1(17) by stepping L to left side.

- 18 – 25 Behind, ¼ Turn, Step, Step Lock Step, Rock, Recover, Back, Sailor ¼ Turn Sway**
2&3 ½ turn left stepping back on R (2), ½ turn left stepping fwd on L (&), Step fwd on R (3) 12.00
Easier alternative: Step/Lock/ Step on R (6), L (&), R (7)
4&5 ½ turn right stepping back on L (6), ½ turn right stepping fwd on R (&), Step fwd on L (7)
Easier alternative: Step/Lock/ Step on L (6), RL (&), L (7)
6&7 Rock fwd on R (6), Recover on L (&), Step back on R whilst sweeping L behind R (7)
8&1 Cross L behind R making a ¼ turn left, (8), Step R to side (&), Step L to side Swaying to Left (1) 9.00

- 26 – 32 Sways, Sailor Step, Cross, Recover, Side, Cross, Side**
2,3&4 Sway Right (2), Sway Left (3), Sway Right (&), Sway Left (4)
5&6 Cross R behind L (5), Step L to side (&), Step R to side (6)
7& Cross Rock L over R (7), Recover on R (&)
8& Step L to left side (8), Cross R over L (&) 9.00

Restart & Tag

When dancing to 'Lost' by Michael Buble there is one Restart and one 12 count Tag.

Restart occurs on step 17 on wall 4 facing 6.00 (see above).

12 count Tag at the end of wall 5 facing 3.00

- 1, 2&3 Step L to side (1), Rock back on R (2), Recover on L (&), ¼ turn right stepping fwd on R (3) 6.00
4&5 Step fwd on L (4) Pivot ½ turn right (&), ¼ turn right stepping L to side (5) 3.00
6&7 Rock back on R (6), Recover on L (&), Step R to side (7)
8&1 Rock back on L (8), Recover on R (&), Step L to side (&)
2,3 Hold (2), ¼ turn right stepping fwd on R (3) 6.00
4&1 Step fwd on L (4) Pivot ½ turn right (&), ¼ turn right stepping L to side (5) 3.00

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