

## Lost (You Are Not Alone)

32 count, 4 wall, intermediate level

Choreographer: Rep Ghazali (Scotland) May 2007

Choreographed to: Lost by Michael Buble, Album:

Call Me Irresponsible (107 bpm)

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Start on vocal

### 01-08 RIGHT FORWARD, FORWARD MAMBO, ROCK BACK RECOVER, ½ TURN, ½ TURN STEP, ¼ PIVOT CROSS SHUFFLE

- 1 step forward Right
- 2&3 rock forward Left, recover on Right, step back Left
- 4&5 rock back Right, recover on Left, ½ turn Left stepping back Right (6)
- &6 ½ turn Left stepping forward Left, step forward right (12)
- 7&8& ¼ pivot turn Left, cross Right over Left, step Left to Left side, cross Right over Left (9)

### 09-16 STEP SIDE, ROCK BACK RECOVER SIDE, ROCK BACK RECOVER FORWARD, ROCK FORWARD, BACK LOCK ½ TURN

- 1 big step Left to left side
- 2&3 cross rock Right behind Left, recover on Left, big step Right to Right side
- 4&5 cross rock Left behind Right, recover on Right, big step Left diagonally forward Left (7.30)
- 6-7 rock forward on Right, recover on Left (7.30)  
(6-7: still facing Left corner)
- &8& step back Right, lock-step Left across Right, ½ turn Right stepping forward (1.30)  
(&8: still facing Left corner, &: still facing opposite Left corner)

### 17-24 SWEEP, CROSS SIDE BEHIND, BEHIND SIDE FORWARD, TRIPLE FULL TURN, ROCK FORWARD

- 1 sweep Left from back to front squaring to 3'oclock wall (3)
- 2&3 cross Left over Right, step Right to Right side, step Left behind (3)
- 4&5 sweep Right from front to back and step behind Left, step Left to Left side, step forward Right  
(step 2-5: try making a big circle)
- 6&7 ½ turn Right stepping back Left, ½ turn Left stepping forward Right, step forward Left (3)
- 8& rock forward Right, recover on Left

### 25-32 ½ TURN, WALK WALK, CROSS BACK ¼ TURN SIDE, ROCK BACK ¾ TURN, ROCK BACK FULL TURN

- 1 ½ turn Right stepping forward Right (9)
- 2-3 cross walk Left over Right, cross walk Right over Left
- 4&5 cross Left over Right, step back Right, ¼ turn big stepping Left to Left side (6)
- 6&7 rock back Right, recover on Left, ¾ turn Left stepping back Right (9)
- &8&1 rock back Left, recover on Right, ½ turn Right stepping back Left,  
½ turn Right stepping forward Right (9)

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Music download available from itunes