
32 count intro from beat – start on lyrics 'if you let me get lost'

Hip Hop style dance.... A=32(2 walls) counts B=32(1 wall)
Real easy sequence....have fun with part B!!!
AA B AA B AA B BB then B* dance last 16 counts of B to the end

A Pattern (faces front then back)

KICK & BACK ROCK, KICK & SIDE ROCK, CLOSE POP RECOVER, WALK WALK.

- 1&2& Kick R fwd, Step R in place, Rock back on L, Recover R.
3&4& Kick L fwd, Step L in place, Rock R to R side, Recover L.
5&6 Step R next to L, Pop both knees out to side, Recover.
7-8 Walk fwd R,L.

CROSS ROCK X2, BALL STEP, STEP PIVOT ¾ JUMP SIDE

- 1&2 Cross rock R over L, Recover L, Step R to R side.
3&4 Cross rock L over R, Recover R, make ¼ turn L step fwd L.
&5-6 Step on ball of R, step fwd L, R.
&7-8 Pivot ¾ turn L(&) bring feet together (7), jump both feet to R Side (8) (12 o'clock)

SIDE, ¼ SIDE, ¼ SIDE, REPLACE KICK, STEP ½ TURN STEP BACK, COASTER STEP

- 1-2 Step L to L side, Make ¼ turn L step R to R side (9.00)
3-4 ¼ turn L step L to L side, Step R next to L, Kick L to L side (6.00)
5-6 Step fwd on L to R diagonal, Make ½ turn L step back on R
7&8 Facing R diagonal from home wall do a L coaster step.

WALK R,L, ½ TURN CROSS BACK SIDE, HEEL OUT IN R,L.

- 1-2 Walk to R diagonal R, L,
3&4 Cross R over left, Make an 1/8 turn R step back L,
Make just over ¼ turn R heading to the back and step R to R side (6.00)
5-6 With feet slightly apart take R heel out to R, Return heel to centre
7-8 Repeat counts 5-6 leading with L heel (6.00)

Repeat A on the back...

B Pattern (starts & finishes facing front/home wall)

JAZZ BOX, & LOCK FULL UNWIND, WALK R, L.

- 1-2 Cross R over L, Take a big step back on L as you drag R heel in
3-4 Step R to R side, Step fwd on L
&5-6 Step fwd on R, lock L behind R, unwind a full turn L (weight L)
7-8 Walk R, L (12.00)

SLIDE, ½ TURN SLIDE, COASTER STEP, ¼ ¼ HOLD, BALL SIDE

- 1-2 Slide R foot back, making ½ turn L slide L foot fwd (6.00) weight L
3&4 R coaster step
5-6 ¼ turn R step back on L, ¼ turn R step R to R side (12.00)
7&8 Hold, step L next to R, Step R to R side

BALL SIDE (WOP), PADDLE B* (repeat last 2 sections)

- &1-2 Step L next to R(&), Step R to R side as you bend over at the waist and throw both arms out and back(1), bring both arms forward in front of chest bent at elbows(2)
3-4 Stay bent over at waist and throw arms out and back(3)
bring both arms forward in front of chest bent at elbows (4)
5-8 Straighten up taking weight L and use your R to paddle round ½ turn L over 4 counts.
(Thriller style..) keep L where it is (6.00)

BALL SIDE (WOP), PADDLE

- &1-8 Repeat last section (above) counts &1 to 8 to take you back to 12.00

You will hear different instructions throughout the track during the 3rd set of AAB which are fun to follow once you get the hang of the dance...

For example when you hear 'play dead' hold for 4 counts!
