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Lost My Breath

32 Count, 4 Wall, Intermediate

Choreographer: Kim Liebsch (DK) Nov 2015

Choreographed to: Poetic by Seinabo Sey

Intro: 16 counts after 1st beat(appr. 13 seconds) Start with weight on L foot

Restarts: On wall 2 after 16 counts *(12:00)

Tag: After wall 4 repeat counts 17-32(section 3 & 4) then start again

Ending: Sweep R to face 12:00

S1: Rock recover, sailor ¼ turn, rock recover, back lock back together (ball)

1-2 Rock fw. on R, recover on L 12:00
3&4 Make ¼ turn R while sweeping R behind L, step L to L side, step R to R side 3:00
5-6 Rock fw. on L, recover on R 3:00
7&8& Step back on L, lock R in front of L, step Back on L, step R next to L 3:00

S2: Step ¼ turn, cross shuffle, ¼ turn recover, step lock step step

1-2 Step fw. on L, make ¼ turn R stepping R to R side 6:00
3&4 Cross L over R, step R to R side, cross L over R 6:00
5-6 Make ¼ turn L stepping R to R side, recover on L 3:00
7&8& Step fw. on R, lock L behind R, step fw. on R, step fw. on L 3:00

S3: Step ¼ turn, cross shuffle, side rock, behind side cross side

1-2 Step fw. on R, make ¼ turn L stepping L to L side 12:00
3&4 Cross R over L, step L to L side, cross R over L 12:00
5-6 Rock L to L side, recover on R 12:00
7&8& Cross L behind R, step R to R side, cross L over R, step R to R side 12:00

S4: Cross side, sailor step, behind ¼ turn, 2 X step ½ turn

1-2 Cross, L over R, step R to R side 12:00
3&4 Cross L behind R, step R to R side, step L to L side 12:00
5-6 Cross R behind L, make ¼ turn L stepping fw. on L 9:00
7&8& Step fw. on R, make ½ turn L stepping fw. on L, step fw. on R, make ½ turn L stepping fw. on L 9:00

Good Luck & N'joy!