



EZ Lost In The Middle Of Nowhere

32 Count, 4 Wall, Improver

Choreographer: K. Sholes and Shirley Blankenship (US)

Sep 2019

Choreographed to: Lost In The Middle Of Nowhere by
Kane Brown and Becky G

- S1** **Step, Rock, Recover x4**
1&2 3&4 Step on R, Rock L back, Recover R, Step on L, Rock R back, Recover L,
5&6 7&8 Step on R, Rock L back, Recover R, Step on L, Rock R back, Recover L.
- S2** **Shuffle, Walk (X3) or Spin, Mambo, Coaster**
1&2 3&4 Step R forward, Step L next to R, Step R forward, Walk LRL forward,
5&6 7&8 Rock R forward, Recover L, Step R back, Step LR back, Step L forward.
- S3** **Hip Rolls, Side Mambo x2**
1&2 3&4 Roll hips LRL, Rock R to side, Recover L, Step R next to L,
5&6 7&8 Roll hips RLR, Rock L to side, Recover R, Step L next to R.
- S4** **Step, ¼ Pivot, Cross Rock, Recover, Cross x3**
1&2 3&4 Step R forward, Pivot ¼ left, Cross R over L, Rock L to side, Recover R, Cross L over R,
5&6 7&8 Rock R to side, Recover L, Cross R over L, Rock L to side, Recover R, Cross L over R.

Begin Again! It's All About Fun!

Restart: Wall #3 (6:00) after Section #2

Music download available from



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