

## **Totally Lost**



www,linedancerweb,com www,linedancefoundation,com www,kingshilldanceholidays,com 32 Count 4 Wall Intermediate Level Dance.

Choreographed by: Emma Ruhnau (DE) & Adam Astmar (SWE) Feb 2023

Choreographed to: Lost by Frank Ocean

Intro: 20 Counts. Start at approx 11 secs.

## Remember to Vote for your favourite dances in the Linedancer Charts

SEC 1	BACK WITH DRAG, BALL ¼ CROSS, ¼, STEP ½ TURN, KICK BALL TOUCH
1-2	Step back on RF dragging LF to RF, Continue dragging LF
&3-4	Ball Step LF next to RF, Turn ¼ R cross RF over LF, Turn ¼ L stepping forward on LF (12:00)
5-6	Step forward on RF, Turn ½ L placing weight on LF
7&8	Kick RF forward, Ball step RF next to LF, Touch LF next to RF
SEC 2	SIDE ROCK, BEHIND SIDE CROSS, ¼, BACK, OUT OUT, IN IN
1-2	Rock to L on LF, Recover on RF
3&4	Step LF behind RF, Step to R on RF, Cross LF over RF
5-6	Turn 1/4 L stepping back on RF, Step back on LF (3:00)
&7&8	Step out to R on RF, Step out to L on LF, Step in on RF, Close LF next to RF
SEC 3	APPLE JACKS, HEEL GRIND, BALL CROSS, 1/4 BACK, BACK
1&	With weight on L toe and R heel, swivel L heel and R toe to R, Return to center
2&	Change weight to R toe and L heel and swivel R heel and L toe to L, Return to center
3&	With weight on L toe and R heel, swivel L heel and R toe to R, Return to center
4	Change weight to R toe and L heel and swivel R heel and L toe to L, placing the weight on LF
5-6&	Grind R heel forward, Step to L on LF, step RF next to LF
7&8	Cross LF over RF, Turn ¼ L stepping back on RF, Step back on LF (12:00)
SEC 4	BACK WITH BODY ROLL, HEEL, SHUFFLE FORWARD, JAZZ BOX 1/4 HITCH
1-2	Step back on RF rolling body back, Touch L heel forward
3&4	Step forward on LF, Close RF next to LF, Step forward on LF
5-6&	Cross RF over LF, Turn ¼ R stepping back on LF, Step to R on RF (3:00)
7-8	Step forward on LF, Hitch R knee forward

