

Lost In The Rhythm



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

Choreographed by: Suzi Beau (UK) Jul 2023

Choreographed to: Lost In The Rhythm by Jamie Berry & Olivia Rose
Intro: 32 Counts. Start at approx 17 secs.

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

| SEC 1 | STEP, KICK, COASTER CROSS, TAP, TAP, WEAVE |
|--|---|
| 1-2 | Step forward on R, Kick L |
| 3&4 | Step back on L, close R to L cross L over R |
| 5-6 | Tap R to R diagonal, tap R to R diagonal |
| 7&8 | Step R behind L, step L to L side, Cross R over L |
| SEC 2 | SIDE ROCK , SAILOR ½, JAZZBOX, SWIVET |
| 1-2 | Rock L to L side, recover R |
| 3&4 | Turn ½ L stepping L back, step R to R side, step L in place (6:00) |
| 5-6 | Cross R over L, Step L back |
| 7&8 | Step R to R side, Swivet R (Recover weight on R) |
| Restart | Here on Wall 4, Only this time recover weight L to start again on R foot |
| | |
| SEC 3 | SIDE ROCK, 1/4 WEAVE, SKATE X 4 (DIPS |
| SEC 3 1-2 | SIDE ROCK, 1/4 WEAVE, SKATE X 4 (DIPS Rock L to L side, recover R |
| | , |
| 1-2 | Rock L to L side, recover R |
| 1-2 3&4 | Rock L to L side, recover R Step L behind R, turn ¼ R stepping forward R, step forward L (9:00) |
| 1-2 3&4 5-6 | Rock L to L side, recover R Step L behind R, turn ¼ R stepping forward R, step forward L (9:00) Skate R, Skate L dipping down |
| 1-2 3&4 5-6 7-8 | Rock L to L side, recover R Step L behind R, turn ¼ R stepping forward R, step forward L (9:00) Skate R, Skate L dipping down Skate R straighten up, Skate L dip down |
| 1-2 3&4 5-6 7-8 Styling | Rock L to L side, recover R Step L behind R, turn ¼ R stepping forward R, step forward L (9:00) Skate R, Skate L dipping down Skate R straighten up, Skate L dip down Jazz hands when doing the skates |
| 1-2 3&4 5-6 7-8 Styling SEC 4 | Rock L to L side, recover R Step L behind R, turn ¼ R stepping forward R, step forward L (9:00) Skate R, Skate L dipping down Skate R straighten up, Skate L dip down Jazz hands when doing the skates ROCK, SHUFFLE ½, ½ WALK WALK RUN RUN RUN |
| 1-2 3&4 5-6 7-8 Styling SEC 4 1-2 | Rock L to L side, recover R Step L behind R, turn ¼ R stepping forward R, step forward L (9:00) Skate R, Skate L dipping down Skate R straighten up, Skate L dip down Jazz hands when doing the skates ROCK, SHUFFLE ½, ½ WALK WALK RUN RUN RUN Rock forward on R recover on L |
| 1-2 3&4 5-6 7-8 Styling SEC 4 1-2 3&4 | Rock L to L side, recover R Step L behind R, turn ¼ R stepping forward R, step forward L (9:00) Skate R, Skate L dipping down Skate R straighten up, Skate L dip down Jazz hands when doing the skates ROCK, SHUFFLE ½, ½ WALK WALK RUN RUN RUN Rock forward on R recover on L Shuffle ½ R stepping L,R,L (3:00) |

