

# Lost

Song	Artist	Album	BPM
Lost	End of the World and Clean Bandit	Lost (single)	122

**Dance by:** Chris Mann (linedancereviews AT gmail DOT com)

This is a 32 count, 4 wall intermediate dance with 1 restart. Start after 32 counts (approx. 16 sec), with weight on left (intro ends on the lyrics “throw my heart in the frost”).

Count	Steps
<b>1-6</b>	<b>Rock forward, back, ball heel, hold ball cross, sweep</b>
1, 2	Rock forward on right, replace weight back on left
&3, 4	Step right beside left and tap left heel forward, hold
&5, 6	Step left beside right, step right across left and sweep left around to front
<b>7-16</b>	<b>Jazz box cross,</b>
7, 8	Step left across right, step right back
1, 2	Step left beside right, step right across left
<b>11-16</b>	<b>Side, behind ball cross, point, back, point</b>
3, 4&	Step left to side, step right behind left, step left to side
5, 6	Step right across left, point left to side
7, 8	Step left back, point right to side
<b>17-20</b>	<b>Cross kick ball change, ¼ turn kick ball change</b>
1&2	Kick right foot across left, step onto ball of right, change weight to left
3&4(*)	Turn ¼ left and kick right foot forward, step onto ball of right, change weight to left (Wall 10: Restart facing back wall)
<b>21-26</b>	<b>Rock forward, back, 1 ½ turn, shuffle forward</b>
5, 6	Rock forward on right, replace weight back on left
7, 8	Turn ½ right and step forward on right, turn ½ right and step back on left
1&2	Turn ½ right and shuffle forward stepping right, left, right
<b>27-32</b>	<b>Rock forward, back, ½ turn, hold, full turn</b>
3, 4	Rock forward on left, replace weight back on right
5, 6	Turn ½ left and step forward on left, hold
7, 8	Turn ½ left and step back on right, turn ½ left and step forward on left
<b>32</b>	<b>Repeat dance facing new wall (dance moves counter-clockwise)</b>

This sheet is correct as of October 11, 2019.