

Lost

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Music: Michael Buble 3:39 at Amazon.com Speed: 41rpm (31 mpm) to suit
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Footwork: Opposite except where noted
Rhythm/Phase Slow Two Step Phase VI
Sequence: Intro – A – B – C – B(Mod) – C(Mod) - End Release 1.0 August 2015

INTRO

- 1 - 4** WAIT ; ; SWEETHEART RUNS 2X ; ;
1 - 2 Wrap pos fc LOD both with L foot free wait 2 measures (Intro uses same foot)
3 - 4 Fwd L, - fwd R, fwd L; fwd R, -, fwd L, fwd R comm. RT turn;
- 5 - 8** SWEETHEART SWITCH ; LADY ACROSS FC WALL ; SHADW LUNGE BASICS ; LADY FC IN 2 ;
5 Fwd & sd L across W trn RF fc LOD W on left side L wrap pos(W trng RF fwd & sd L cont RF trn), -,fwd R, fwd L;
6 Fwd R small step moving W across body, -, fwd L, fwd R(W fwd R across M, fwd L, fwd R) end wrap pos LOD:
7 Releasing hands turn to fc wall lunge sd L (W also) extend L arms, - rec R bring arms in, XLIF;
8 Lunge sd R extnd R arms, -, rec L, cl R(W lunge sd R, rec L trng LF fc M, -) to CP fc wall;

PART A

- 1 - 4** BASIC ; ; UNDERARM TURN MAN TURN ; SHOULDER WHEEL ;
1 - 2 Sd L, -, XRIB, rec L; Sd R, -. XLIB, rec R;
3 BFLY M fc WALL sd L, -, XRIB trng RF comm sweep R arm up & out, in plc L bring R arm in front of W to cup ball of W's L shoulder lead hands behind M's back(W sd R, XLIF trng RF under lead hands, fwd R trng to fc M);
4 Wheel RF R, - L, R;
- 5 - 8** LADY ROLL ; BASIC ENDING ; UNDERARM TURN ; LUNGE LADY RONDE LARIAT ;
5 Cont RF wheel fwd L fc wall release lead hands lead W to roll RF, sd R, XLIF(W fwd R, -, roll RF twd RLOD L, R);
6 Sd R to CP, -. XLIB, rec R;
7 Sd L, -, XRIB leading W to trn RF under joined lead hands, rec L to loose CP
(W sd R, -, fwd L trng RF under lead hands, fwd R to RLOD trng to fc M);
8 Sd & slightly fwd R btwn W's ft leading W ronde CW, -, hold 2 cts trng body LF to fc LOD raising hnd over head to lead W lariat
(W sd & fwd L around M ronde R CW, -, XRIB cont circling around M, Sd & fwd L) end in LOP both fcg LOD;
- 9 - 12** OUTSIDE ROLL ; FALLAWAY RONDE ROLL ; CROSS CHASSE ; BASIC ENDING ;
9 Fwd L lower jnd lead hnds, -, sd R raising jnd lead hnds to lead W tm RF under jnd lead hnds, XLIF bring hands down (W fwd R comm rolling RF under jnd lead hnds, -, cont rolling RF L, R to fc M & WALL) to LOP fc ptrn COH;
10 Join trailing hands sd R ronde L foot CCW (W CW) to OP fc RLOD, -, bk L trng RF to LOD, fwd R roll RF;
11 Cont roll bk L to fc ptrn, -, sd R, XLIF to BFLY;
12 Sd R, - XLIB, rec R;
- 13 - 16** DBLE HAND UNDERARM TURN ; OPEN BREAK ; CHANGE SIDES UNDERARM ; BASIC ENDING ;
13 Sd L, -, XRIB lead ptr under dbl hd hold, rec L Stacked Lft over Rt hands fc COH
(W sd R, -, fwd L rf trn under dbl hd hold, fwd R stacked hands L over R fc ptr & WALL);
14 Sd R, -, step apt bk L, rec R;
15 Fwd L COH chg sds lead W trn under stacked hds, -, sd R, XLIF BFLY WALL
(W fwd R to WALL lf trn under stacked hds chg sds, -, sd L, XRIF fc COH);
16 Sd R blend to CP, -. XLIB, rec R comm tm RF in front of W (W trng RF);

PART B

- 1 - 4** **TRAVELING RT TURN W/OUTSD ROLL ; ; CHECK LUNGE BASIC INSIDE ROLL ; LUNGE BASIC ;**
1 Cont trn RF crossing in front of W sd & bk L to fc RLOD, -, XRIB, twist RF 5/8 on both ft to fc DLW shift wgt to L (W fwd R btwn M's ft, -, fwd L, R around M RF) end BJO M fcg DLW;
2 Fwd R slightly trng RF to fc WALL raising jnd lead hnd to lead W turn RF, -, Sd L, XRIF (W bk L comm tm RF under jnd lead hnds, -, cont trn RF under jnd lead hnds R, L) to LOP M fcg ptrn & WALL;
3 Lunge L soft knee stretch L sd bring R hand across to W's R hip look RLOD, -, rec R lead W under lead hands, XLIF (W lunge R soft knee stretch R sd extend left arm to side look RLOD, -, rec L comm LF roll, fwd R RLOD under lead hands);
4 Lunge sd R soft knee BFLY, -, rec L, XRIF to CP trng RF in front of W (W complete LF turn lunge sd L, -, rec R, XLIF trn RF);
- 5 - 8** **TRAVELING RT TURN W/ZIG ZAG 3 BFLY ; ; FRONT TWISTY BASIC ; BK BREAK LADY WRAP ;**
5 Cont trn RF cross in front of W sd & bk L to fc RLOD, -, XRIB, twist RF 5/8 on both ft to fc DLW & shift wgt to L (W fwd R btwn M's ft, -, fwd L, R around M RF) end BJO M fcg DLW;
6 Fwd R slightly trng RF to fc WALL, -, sd L to BFLY, XRIB(W bk L, -, sd R, XLIF);
7 Sd L, -, XRIF, rec L(W sd R, - XLIB, rec R);
8 Bk R, -, bk L lead W to wrap LF, rec fwd R(W fwd L, -, fwd R wrap LF under lead hands, fwd L LOD);
- 9 - 12** **FWD P/U LOW BFLY ; 3 TRAVELING CROSS CHASSE ; ; ;**
9 Slow Fwd L release trailing hands, -, slow fwd R to low BFLY LOD, -(W fwd R, -, fwd L trng LF low BFLY, -);
10 Hands at waist level elbows in fwd L trng slight LF, -, sd & fwd R, XLIF(W bk R slight LF trn, -, bk & sd L, XRIF);
11 Trng RF fwd R, -, sd & fwd L, XRIF(W bk L trng RF, - bk & sd R, XLIF);
12 Trng LF fwd L, -, sd & fwd R, XLIF(W bk R slight LF trn, -, bk & sd L, XRIF);
- 13 - 16** **3 ALTERNATING PASSES ; ; ; PULL PASS ;**
13 Fwd R trng RF fc Wall, -, sd L passing W cont trn, XRIF (W bk L trng RF fc COH, -, small sd R cont trn, XLIF) end M fc DRW;
14 Cont trng bk L trng RF fc COH, -, small sd R cont trn, XLIF (W wd R trng RF fc Wall, -, sd L passing M cont trn, XRIF);
15 Fwd R trng RF fc Wall, -, sd L passing W cont trn, XRIF (W bk L trng RF fc COH, -, small sd R cont trn, XLIF) end M fc DRW;
16 Bk L comm. RF trn, - sd & bk R leading W to pass by with both hands to LOD, -(W fwd R, - fwd L, fwd R);

PART C

- 1 - 4** **BOTH RONDE VINE 2 ; OPEN CROSS HOVERS ; ; BFLY WRAP & WHEEL 3 ;**
1 (Same foot for both thru measure 14) Trn to fc LOD stopping W's fwd movement leading W to trn RF both cl L/ Ronde R CW, -, XRIB, sd L to LOD(W to RLOD);
2 Fwd R LOD(W RLOD), fwd L hovering trng RF extend arms out to sd, rec R twd ptrn bring arms in to chest;
3 Fwd L RLOD(W LOD) passing ptrn, -, fwd R hovering trng LF extend arms out to sd, rec L to BFLY;
4 Comm RF wheel wrapping W LF under lead hands fwd R, -, fwd L, fwd R(W fwd R, -, fwd L wrapping LF under L hands, bk R in wrap pos);
- 5 - 8** **WHEEL 6 LOD ; ; SWEETHEART RUNS 2X ; ;**
5 - 6 Staying in wrap pos cont RF wheel fwd L, -, R,L; R, -, L, R to fc LOD completing 2 full turns over last 3 measures;
7 - 8 Fwd L, - fwd R, fwd L; fwd R, -, fwd L, fwd R comm. RF turn;
- 9 - 12** **SWEETHEART SWITCH ; LADY ACROSS ; SWEETHEART SWITCH MAN HOLD LADY ROLL OUT ; OPEN FRONT VINE 3 ;**
9 Fwd & sd L across W trn RF fc LOD W on left side L wrap pos(W trng RF fwd & sd L cont RF trn), -,fwd R, fwd L;
10 Fwd R small step moving W across body, -, fwd L, fwd R comm RF turn (W fwd R across M, fwd L, fwd R comm RF trn);
11 Fwd & sd L across W trn RF fc LOD W on left side L wrap pos, -, hold release lead hands lead W to roll RF, - (W trng RF fwd & sd L cont RF trn, - roll out RF R, L to OP COH moving DLC);
12 In OP sd R, -, XLIF, sd R;

PART C(Cont)

13 - 16 **SLOW CROSS CHECK & EXTEND ; REC POINT W/ARMS ; REC X/LDY ROLL 3 FC ; SIDE DRAW CL ;**
13 Lower on R slow cross XLIF extending lead arms out to sd look DLC, -, -, -;
14 Rec R, point L to RLOD look at partner sweep arms down up & out CCW (W CW), -, -;
15 Sd L, - XRIF, -(W fwd L to RLOD comm LF Roll, -, sd & bk R, fwd L completing roll fc ptrn);
16 Sd L, drw R to L, cl R, -;

17 - 20 **SIDE BASIC ; BREAK BK LADY WRAP ; LEFT TURN INSIDE ROLL ; OPEN BREAK STACK HANDS ;**
17 Sd L, -, XRIB, rec L;
18 Sd R trng LF lead W to Wrap LF, -, bk L, rec R(W sd & fwd L, -, fwd R trng LF to wrap, rec L trng LF in front of M);
19 Release trailing hands fwd L trng LF fc WALL, -, lead W under lead hands sd R, XLIF
(W bk R trng to fc COH, - sd L start LF underarm roll, sd & bk R to fc M & COH);
20 Sd R to cross handshake R over L, -, apt bk L, rec R;

INTERLUDE

1 - 4 **ALTERNATING UNDERARM PASSES ; ; ; ;**
1 Fwd L twd WALL raising R hnds, -, fwd & sd R twd WALL trng LF raising L hnds & lowering R hnds, rec L cont LF
trn undr jnd L hnds
(W Fwd R twd COH commence trng RF under jnd R hnds, -, fwd & sd L twd COH trng RF undr jnd L hnds, rec R
cont RF trn);
2 Bk & sd R twd COH taking R hnd over M's head, -, apt L, rec R(W Bk & sd L twd WALL, -, apt R, rec L);
3 - 4 Repeat measures 1 & 2 end blending to lead hands with M starting RF turn ; ;

PART B(Mod)

1 - 4 **TRAVELING RT TURN W/OUTSD ROLL ; ; CHECK LUNGE BASIC INSIDE ROLL ; LUNGE BASIC ;**
1 - 4 Repeat Part B Measures 1-4 ; ; ; ;

5 - 8 **TRAVELING RT TURN W/ZIG ZAG 3 BFLY ; ; FRONT TWISTY BSC ; BK BREAK LADY WRAP P/U ;**
5 - 7 Repeat Part B Measures 5-7 ; ; ; ;
8 Bk & sd R, -, bk L lead W to wrap LF under lead hands, rec fwd R release trailing hands
(W fwd L, -, fwd R wrap LF under lead hands, fwd L trng LF in front of M);

9 - 12 **4 TRAVELING CROSS CHASSE ; ; ; FC WALL ;**
9 Hands at waist level elbows in fwd L trng slight LF, -, sd & fwd R, XLIF(W bk R slight LF trn, -, bk & sd L, XRIF);
10 Trng RF fwd R, -, sd & fwd L, XRIF(W bk L trng RF, - bk & sd R, XLIF);
11 Trng LF fwd L, -, sd & fwd R, XLIF(W bk R slight LF trn, -, bk & sd L, XRIF);
12 Trng RF fwd R, -, sd & fwd L cont trng fc WALL, XRIF(W bk L trng RF, - bk & sd R fc COH, XLIF);

13 - 18 **OPEN BASICS ; ; SHADOW CROSS HOVERS ; ; ; ;**
13 - 14 CP M fcg WALL sd L, -, XRIB to L ½ OP, rec L to fc; Sd R, -, XLIB to ½ OP, rec R;
15 Join lead hands W move in front of M next 4 measures down LOD XLIF lead hand over W's head, -,
sd R slight LF trng extend trail arms out, rec L
16 XRIF bring lead hands back over W's head, -, sd L slight RF trn extend trail arms up & bk, rec R;
17 - 18 Repeat measures 15 & 16 ; ; ; ;

19 - 22 **SD HOOK & UNWIND ; SD RONDE VINE 2 ; MOD PASSING X CHASSE ; PULL PASS ;**
19 Sd L, XRIB release hands, unwind RF stay on R foot(W LF on L foot), - to BFLY;
20 Sd L ronde R CW(W CCW), -, XRIB, sd L;
21 Thru R trng RF, -, sd & fwd L, XRIF(W thru L, - sd & fwd R, XLIF);
22 Bk L comm. RF trn, - sd & bk R leading W to pass by with both hands to LOD, -(W fwd R, - fwd L, fwd R);

PART C(Mod)

- 1 - 4** **BOTH RONDE VINE 2 ; OPEN CROSS HOVERS ; ; BFLY WRAP & WHEEL 3 ;**
1 - 4 Repeat Part C Measures 1 - 4 ; ; ;
- 5 - 8** **WHEEL 6 LOD ; ; SWEETHEART RUNS 2X ; ;**
5 - 8 Repeat Part C Measures 5 - 8 ; ; ;
- 9 - 12** **SWEETHEART SWITCH ; LADY ACROSS ; SWEETHEART SWITCH MAN HOLD LADY ROLL OUT ;
OPEN FRONT VINE 3 ;**
9 - 12 Repeat Part C Measures 9 - 12 ; ; ;
- 13 - 16** **SLOW CROSS CHECK & EXTEND ; REC POINT W/ARMS ; REC X/LDY ROLL 3 FC ; SD DRAW CL ;**
13 - 16 Repeat Part C Measures 13 - 16 ; ; ;
- 17 - 21** **BASIC ; ; PIVOT PREPARATION ; SAME FOOT LUNGE SLOW SWAY/PICKUP ; ;**
17 - 18 CP M fcg WALL sd L, -, XRIB, rec L; Sd R, -. XLIB, rec R comm tm RF in front of W;
19 Bk L pivot to fc WALL, tch R to L, -, -(W fwd R RLOD pivot to fc COH, small sd L trng LF fc LOD, -, -);
20 - Lower on L lunge side & slightly fwd R, -, extend stretch to rt during words "Baby You're Not.."
(W lower on L XRIB to lunge slowly turn head to left during "Baby You're Not..");
21 On word "Lost" change sway trng W's head bk to R, -, trng body LF lead W to pickup, -
(W on "Lost trn head bk to R, -, fwd L trng LF in front of M, -)

END

- 1 - 4** **TRIPLE TRAVELER ; ; ; TUNNEL EXIT MAN TURN ;**
1 Fwd L trng slight LF fc DC, -, sd & fwd R, fwd L
(W bk R trng LF, -, sd L trng LF under lead hands, cont LF trng bk R fc wall);
2 Fwd R spiral LF under joined hands, -, fwd L, fwd R
(W trn fc LOD fwd L, -, fwd R, fwd L) bringing hands to shoulder level;
3 Fwd L bringing joined hands down & bk, - fwd R, fwd L bringing hands up & around leading W to roll RF
(W fwd R comm. RF turn, - sd & bk L trng RF under joined hands, cont RF trn fwd R);
4 Fwd R chking leading W around in front to wall, - rec L, rec R trng LF fc RLOD joined hands over M's head
(W fwd L around M, - fwd R, fwd L fc RLOD) end LOP fc RLOD;
- 5 - 8** **OUTSIDE ROLL ; BASIC ENDING ; UNDERARM TURN ; OPEN BREAK ;**
5 Fwd L bringing joined hands down & bk, - fwd R, fwd L bringing hands up & around leading W to roll RF
(W fwd R comm. RF turn, - sd & bk L trng RF under joined hands, cont RF trn fwd R);
6 Sd R to BFLY, -. XLIB, rec R;
7 Sd L, -, XRIB leading W to trn RF under joined lead hands, rec L to loose CP
(W sd R comm. RF trn, -, fwd L trng RF under lead hands, fwd R to RLOD trng to fc M);
8 Sd R, -, step apt bk L, rec R;
- 9 - 12** **MAN INSIDE ROLL ; BOLERO WHEEL 6 FC WALL RELEASE ; ; SLOW SD DRAW CLOSE ;**
9 Fwd L passing rt sides raise R arm up trng LF, - fwd R cont RF trn bring L arm up around W R arm down,
sd L bring R hand to W waist Bolero Pos
(W wheel RF around M R, - L, R bring R arm to M's waist);
- 10 - 11** **WHEEL RF 1 & ½ times R, - L, R; L, - R, L releasing arms to fc ptnr & WALL;**
12 Join lead hand low sd R, -, draw L, cl L;
- 13 - 14** **SLOW OPEN RIGHT LUNGE CARESS ; LADY TURN TO LOOK ;**
13 On word "Lost" slow Lunge R fwd & sd, bring R arm across in front of body slowly sweep arm up & fwd CW
to caress W's L cheek, -, -
(W lunge bk & sd L look at man, slowly sweep L arm up & out CCW to DRW trng head to L, -, -);
14 Turn lady's head to look man ;