

Lost in Me

Music: Wagon Wheel / Nathan Carter, Intermediate - 64 counts - 4 walls Choreographer: David Villellas

04/15/2013

SECTION 1 – R HEEL FWD, R TOE BACK, R HEEL FWD, TOGETHER, L HEEL FWD, ROCK BACK L AND KICK R FORWARD, ROCK BACK R, SCUFF LEFT NEXT TO R

1 - 2 (1) Touch R heel forward, (2) touch right toe back.

3 - 4 (3) Touch R heel forward, (4) touch right next to left

5 - 6 (5) Touch L heel forward, (6) jump left back and kick right forward at the same time

7 - 8 (7) Step on right, (8) scuff left next to right

SECTION -2 STEP-LOCK-STEP FWD, HOOK BACK, ½ TURN, HOOK BACK, ½ TURN, HOOK BACK

1 - 2 (1) step left forward, (2) lock right behind left

3 - 4 (3) step left forward, (4) hitch right leg

5 - 6 (5) Step back on right foot ½ left turn (6) hitch left leg

7 - 8 (7) step left forward (8) hitch right leg

SECTION 3 R,L STEPS DIAGONAL, FULL TURN BACK, POINT R To SIDE, STEP R BACK, POINT L TO SIDE, ½ TURN, STOMP L FWD

1 - 2 (1) step out on right, (2) step out on left)

3 - 4 (3) ½ turn right, (4) ½ turn right, left back

5 - 6 (5) Touch right to right side (6) touch right next to left

7 - 8 (7) touch L back (keeping weight on R) and (8) swivel ½ turn L , Stomp left forward

SECTION-4 RT KICK , STOMP R UP, FLICK, STOMP, KICK, STOMP UP, FLICK, STOMP

1 - 2 (1) Kick right fwd – (2) Stomp right next to left

3 - 4 (3) Flick RF to the right – (4) Stomp RF next to the left

5 - 6 (5) Kick left forward – (6) Stomp left next to right

7 - 8 (7) flick left to left – (8) Stomp left next to right

SECTION-5 HEEL FWD CROSS, HEEL FWD DIAG, HEEL FWD TWICE, HEELS FWD, TOE BACK, HEEL FWD ½ TURN

1 - 2 (1) Cross right heel R in front of left foot (2) touch right heel next to left

3 – 4 (3, 4) Touch right heel in front left foot twice

&5&6 (&) Jump back on RT, (5) touch LF Heel forward (&) touch left next to right and (6) touch RT Heel forward

&7&8 (&) While jumping back on RT, (7) touch left toe back, (&) Turn ½ left on right foot, (8) touch LF heel forward.

SECTION-6 Rocking chair with a hop, hops, CROSS & HOOK, KICK, CROSS & HOOK TWICE, KICKS FWD, FLICK, SCUFF

1 – 2 (1) Rock forward on left foot and hook right behind left, (2) hop back on right and kick LF forward

3 Hop forward again on left and hook RT behind left Knee

4 Hop backwards on left with right foot still hooked behind left

&5&6 (&) Jump back on right and (5) kick left forward, (&) jump back on left (6) kick right forward.

7 - 8 (while jumping) return RF forward and flick left behind, Scuff left next to right

SECTION-7 STEP-LOCK-STEP FWD, STOMP, KICK BALL CROSS, rock right, point left to left

1 - 2 (1) Step left forward (2) Lock right behind left

3 - 4 (3) Left forward, (4) Stomp right next to left

5 & 6 (5) Kick right forward, (&) replace right next to left, (6) Cross left over right

7, 8 (7) Rock right, (8) Point left foot to left

SECTION-8 ¾ triple turn to left (l,r,l) STEP FWD, STOMP, STEP BACK, STOMP

1 - 2 (1) ¼ turn left, step left forward, (2) ½ turn left, right back

3 - 4 (3) ½ turn left, step left fwd, (4) scuff right next to left

5 - 6 (5) Step RF forward, (6) step left next to RF

7 - 8 (7) Step back on RT, (8) Stomp Left next to right