

Lost and Lonely

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Count: 72

Wall: 2

Level: Intermediate waltz

Choreographer: Lotte Irmgarth og Tina Elmholt (DK) January 2019

Music: "Lost and Lonely" by Aaron Lewis

Intro: 48 Counts (Start on lyrics, "Shattered")

Rock $\frac{1}{4}$ turn, twinkle $\frac{1}{2}$ turn L

1-2-3 Rock R forward, recover on L, turn $\frac{1}{4}$ R, stepping R to R side, (03:00)

4-5-6 Cross L over R, turn $\frac{1}{4}$ stepping L back on R, turn $\frac{1}{4}$ L, stepping L to L side, (09:00)

Twinkle R, twinkle $\frac{3}{8}$ L,

1-2-3 Cross R over L, L to L side, R to R side, (09:00)

4-5-6 Cross L over R, turn $\frac{1}{4}$ stepping back on R, turn $\frac{1}{8}$ L, stepping L forward (04:30)

Forward kick L, L half turn,

1-2-3 Step forward on R, slow kick L forward, (04:30)

4-5-6 Turn $\frac{1}{4}$ L, stepping L to L side, R next to L, turn $\frac{1}{4}$ L, stepping L forward, (10:30)

Restart here on wall 3, start again (12:00)

Twinkle $\frac{1}{8}$ R, cross L, back, back,

1-2-3 Cross R over L, turn $\frac{1}{8}$, stepping L to L side, R to R side, (12:00)

4-5-6 Cross L over R, step back on R, step back on L, (12:00)

Cross R, back, back, coaster L,

1-2-3 Cross R over L, step back on L, step back on R, (12:00)

3-4-5 Step back on L, R next to L, step L forward, (12:00)

Step R, sweep L, step L, sweep R,

1-2-3 Step R forward, sweep L forward, (12:00)

4-5-6 Step L forward, sweep R forward, (12:00)

Twinkle $\frac{1}{4}$ R, weave R,

1-2-3 Cross R over L, step back on L, turn $\frac{1}{4}$ R, step R to R side, (03:00)

4-5-6 Cross L over R, R to R side, L behind R, (03:00)

Side drag R, rolling vine L,

1-2-3 Step R to R side, drag L into R, (03:00)

4-5-6 $\frac{1}{4}$ turn L, step L forward, $\frac{1}{2}$ turn L, step R back, $\frac{1}{4}$ L step L to L side, (03:00)

Twinkle $\frac{1}{4}$ R, cross point R,

1-2-3 Cross R over L, turn $\frac{1}{4}$ R, step back on L, step R to R side, (06:00)

4-5-6 Cross L over R, point R to R side, (06:00)

$\frac{1}{2}$ turn R point L, $\frac{1}{2}$ turn L point sweep R,

1-2-3 Turn $\frac{1}{2}$ R, stepping down on R, point L to L side, (12:00)

4-5-6 Turn $\frac{1}{2}$ L, stepping down on L, point R into sweep, (06:00)

Twinkle R, Twinkle L

1-2-3 Cross R over L, L to L side, Step R to R side, (06:00)

4-5-6 Cross L over R, R to R side, Step L to L side, (06:00)

Forward R, slide L, back L, slide R

1-2-3 Step forward on R, slide L forward to R, (06:00)

4-5-6 Step back on L, slide R back to L, (06:00)

Restart: Wall 3, after 18 count (12:00)

Last Update - 10 Jan. 2019