

Lost The Plot (□□□□)

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Count: 64 **Wall:** 4 **Level:** Beginner/Intermediate

Choreographer: Peter & Alison, TheDanceFactoryUK (Feb 10)

Music: Bury Me (6 Feet Under) by Alexandra Burk (CD: Overcome [138bpm])

□□□ **Start after 32 count intro 32**□□□□

□□□

R & L Step Touches, R

Side, L Together, R Fwd, Scuff

□ □ □

□ , □ , □ , □ , □

1-4

Step R side, touch L

together, step L side, touch R together

□□□□ , □□□□ , □□□□ , □□□□

5-8

Step R side, step L

together, step R forward, scuff

□□□□ , □□□□ , □□□□ , □□□□

□□□

L & R Step Touches, L

Side, R Together, L Back, Hold

□ □ □

□ , □ , □ , □ , □

1-4

Step L side, touch R

together, step R side, touch L together

□□□□ , □□□□ , □□□□ , □□□□

5-8

Step L side, step R

together, step L back, hold

□□□□ , □□□□ , □□□□ , □

□□□

R Rock Back & Recover,

1/2 L & R Back, L Hitch, L Coaster, Hold

□□□ □□ , 1/2, 1/2, □ , □□□ , □

1-4

Rock R back, recover

weight on L, turning 1/2 left step R back, hitch L knee up □□□□ , □□□□ , □□ 180

□□□□□ , □□□

5-8

Step L back, step R

together, step L forward, hold (6 o'clock)

□□□□ , □□□□ , □□□□ , □ (□□ 6□□)

□□□

R Fwd Rock & Recover, 2 1/2 R Turning Toe Struts, R Back Rock

& Recover

□□□□ , □□□□ , □□□□

1-2

Rock R forward, recover

weight on L □□□□ , □□□□

3-4

Turning 1/2 right step

touch R toes forward, step R heel down

□□ **180**□□□□□□ , □□□□

5-8

Turning 1/2 right touch L

toes back, step L heel down, rock R back, recover weight on L

□□ **180**□□□□□□ , □□□□ , □□□□□□ , □□□□

□□□□

Grapevine R

(Small Steps) With 1/2 R Turn, Hip Bumps L & R, L Back Rock & Recover □□□□□□ , □□ -□ , □□
, □□□□

□□

1-2

Step R side, cross step

L behind R

□□□□ , □□□□□□□□

3-4

Turning 1/4 right step R

forward, turning ¼ right hitch L knee up (12 o'clock) □ 90□□□□ , □ 90□□□□ (□ 12□□)

5-8

Step L side & bump

hips L, bump hips R, rock L back, recover weight on R □□□□□□ , □□□ , □□□□□□ , □□□□

□□□

Grapevine L

(Small Steps) With ½ L Turn, Hip Bumps R & L, R Back Rock & Recover ¼

R

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□□ 1/4

1-2

Step L side, cross step

R behind L

□□□□□□ , □□□□□□□□

3-4

Turning ¼ left step L

forward, turning ¼ left hitch R knee up (6 o'clock) □ 90□□□□□□ , □ 90□□□□□□ (□ 6□□)

5-6

Step R side & bump

hips R, bump hips L

□□□□□□ , □□□

7-8

Rock R back, recover

weight on L turning ¼ right (9 o'clock)

□□□□□ , □□□□□ 90° (□□ 9□□)

□□□

½ R With 2 Step Scuffs, Run Fwd R, L, R, Hold

□ 1/4□□□□□□ 1/2,

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1-2

Turning ¼ right step R

forward, scuff L forward

□□ 90°□□□□□ , □□□□□

3-4

Turning ¼ right step L

forward, scuff R forward (3 o'clock)

□□ 90°□□□□□ , □□□□□ (□□ 3□□)

5-8

Step R forward, step L

forward, step R forward (Take large steps - run!), hold □□□□ , □□□□ , □□□□ (□□□□□□) , □

□□□

L Rocking

Chair, 1/2 R & L Back, R Hitch, R Back Rock & Recover

□□□ , 1/2

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□□

1-4

Rock L forward, recover

weight on R, rock L back, recover weight on R □□□□ , □□□ , □□□□ , □□□

5-8

Turning 1/2 right step L

back, hitch R knee up, rock R back, recover weight on L (9 o'clock)

□□ 180□□□□ , □□□ , □□□□ , □□□□ (□□ 9□□)

ENDING: At the END of wall 7 turn 1/4 left

to face front and step right side. Hold

□□□□□□□□ 90□□□□□□ , □□□□ , □

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=10361