

# 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

### (1-8) 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

### (9-16) 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

### (17-24) R Rock Back & Recover, ½ L & R Back, L Hitch, L Coaster, Hold

1-4      Rock R back, recover weight on L, turning ½ left step R back, hitch L knee up

5-8      Step L back, step R together, step L forward, hold (6 o'clock)

### (25-32) R Fwd Rock & Recover, 2½ R Turning Toe Struts, R Back Rock & Recover

1-2      Rock R forward, recover weight on L

3-4      Turning ½ right step touch R toes forward, step R heel down

5-8      Turning ½ right touch L toes back, step L heel down, rock R back, recover weight on L

### (33-40) Grapevine R (Small Steps) With ½ R Turn, Hip Bumps L & R, L Back Rock & Recover

1-2      Step R side, cross step L behind R

3-4      Turning ¼ right step R forward, turning ¼ right hitch L knee up (12 o'clock)

5-8      Step L side & bump hips L, bump hips R, rock L back, recover weight on R

### (41-48) Grapevine L (Small Steps) With ½ L Turn, Hip Bumps R & L, R Back Rock & Recover ¼ R

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)

5-6      Step R side & bump hips R, bump hips L

**7-8** Rock R back, recover weight on L turning  $\frac{1}{4}$  right (9 o'clock)

**(49-56)  $\frac{1}{2}$  R With 2 Step Scuffs, Run Fwd R, L, R, Hold**

**1-2** Turning  $\frac{1}{4}$  right step R forward, scuff L forward

**3-4** Turning  $\frac{1}{4}$  right step L forward, scuff R forward (3 o'clock)

**5-8** Step R forward, step L forward, step R forward (Take large steps - run!), hold

**(57-64) L Rocking Chair,  $\frac{1}{2}$  R & L Back, R Hitch, R Back Rock & Recover**

**1-4** Rock L forward, recover weight on R, rock L back, recover weight on R

**5-8** Turning  $\frac{1}{2}$  right step L back, hitch R knee up, rock R back, recover weight on L (9 o'clock)

**ENDING: At the END of wall 7 turn  $\frac{1}{4}$  left to face front and step right side. Hold**

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