

LOST MOMENTS

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Count: 32

Wall: 1

Level: Beginner / Intermediate

Choreographer: Moses Bourassa Jr. & Barbara Frechette

Music: Moments by Brushwood

When dancing to "Moments" by Brushwood, start dancing 4 beats before vocals.

SIDE STEPS, SIDE SHUFFLES, CROSS ROCK STEP, RECOVER STEP

- 1-2** Step left to left side, step right next to left
- 3&4** Step left to left side, step quickly with right next to left, step left to left side
- 5-6** Cross right in front of left, recover on left
- 7&8** Step right to right side, step quickly with left next to right, step right to right side

SYNCPATED WEAVE WITH $\frac{1}{4}$ TURN TO THE LEFT

- 1-2** Cross left in front of right, step right to right side
- 3-4** Step left behind right, step right to right side
- 5-6** Cross left in front of right, recover on right
- 7&8** Step left making $\frac{1}{4}$ turn to the left, step quickly with right next to left, step forward on left

FORWARD STEPS, LOCK STEP, $\frac{1}{2}$ TURN TO THE RIGHT, STEP-LOCK-STEPS

- 1-2** Step right forward, lock left behind right
- 3&4** Step right forward, lock left behind right, step forward on left
- 5-6** Step forward on left, step right making $\frac{1}{2}$ turn to the right
- 7&8** Step forward on left, lock right behind right, step forward on left

FORWARD STEPS, $\frac{1}{2}$ TURNS TO THE LEFT, $\frac{1}{4}$ TURN TO THE LEFT, CROSS SHUFFLE

- 1-2** Step forward on right, step left making $\frac{1}{2}$ turn to the left
- 3-4** Step forward on right, step left making $\frac{1}{2}$ turn to the left
- 5-6** Step forward on right, step left making $\frac{1}{4}$ turn to the left
- 7&8** Cross right over left, step left quickly to left side, cross right over left

REPEAT