

LOST IN A FEELING

LINEDANCE.COM

Count: 32

Wall: 1

Level: beginner/intermediate

Choreographer: Chris Cleevely

Music: Lost In A Feeling by Claudia Church

DIAGONAL RIGHT CHASSE; DIAGONAL LEFT CHASSE; HIP BUMPS

- 1&2** On right diagonal, step right, left, right
- 3&4** On left diagonal, step left, right, left
- 5-6** Hip bumps right, hip bumps left (moving body down & up)
- 7&8** Hip bumps right, left, right

Optional hand movements

- 5-8** Cross wrists with fists clenched at chest level, slightly away from chest

LEFT SAILOR STEP; FULL TURN; MODIFIED KICK BALL CHANGE; STEP RIGHT, CROSS LEFT BEHIND

- 9&10** Step left behind right, step right to side, step left in place
- 11-12** Step back on right, make $\frac{1}{2}$ turn right, step forward on left, make $\frac{1}{2}$ turn right (or walk back right, left)
- 13&14** Kick right foot forward, step back on right, step left in place
- 15-16** Step right, cross left behind (bending knees slightly)

Optional hands

- 15-18** Cross hands behind, below waist

RIGHT $\frac{1}{4}$ TURN SHUFFLE; RIGHT $\frac{1}{2}$ TURN; LEFT SHUFFLE; STEP RIGHT, CROSS LEFT BEHIND

- 17&18** Make $\frac{1}{4}$ turn shuffle right, stepping right, left, right
- 19-20** Step forward on left and make $\frac{1}{2}$ turn right
- 21-22** Shuffle forward left, right, left
- 23&24** Step right, cross left behind (bending knees slightly)

RIGHT $\frac{1}{4}$ TURN SHUFFLE; 2 X FORWARD KICKS; MODIFIED ROCK STEP (CHARLIE); RIGHT KICK BALL CHANGE

- 25&26** Make ¼ turn shuffle right, stepping right, left, right
- 27-28** Kick left foot forward, kick right foot forward
- 29-30** Step back on right, leaning into step, push weight up onto left
- 31-32** Kick right foot forward, step on right, step left in place

REPEAT

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=28991