



Totally Lost

(January 2022)

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Information: 32 Counts, 4 walls, Intermediate Novelty.
Choreographers: Emma Ruhnau (DE), Adam Astmar (SE).
Music: "Lost" by Frank Ocean (02:09) ~ 123 bpm.
Intro: 20 counts, approx. 11 seconds.

Section	Steps & Explanations	End Facing
1	Back with Drag. Ball ¼ Cross. ¼. Step ½ Turn. Kick Ball Touch.	
1 – 2	Step back on RF dragging LF to RF (1). Continue dragging LF (2).	12'00
& 3 – 4	Ball Step LF next to RF. (&). Turn ¼ R cross RF over LF (3). Turn ¼ L stepping forward on LF (4).	12'00
5 – 6	Step forward on RF (5). Turn ½ L placing weight on LF (6).	6'00
7 & 8	Kick RF forward (7). Ball step RF next to LF (&). Touch LF next to RF (8).	6'00
2	Side Rock. Behind Side Cross. ¼. Back. Out Out, In In.	
1 – 2	Rock to L on LF (1). Recover on RF (2).	6'00
3 & 4	Step LF behind RF (3). Step to R on RF (&). Cross LF over RF (4).	6'00
5 – 6	Turn ¼ L stepping back on RF (5). Step back on LF (6).	3'00
& 7 & 8	Step out to R on RF (&). Step out to L on LF (7). Step in on RF (&). Close LF next to RF (8).	3'00
3	Apple Jacks. Heel Grind. Ball Cross. ¼ Back. Back.	
1 & 2 &	With weight on L toe and R heel, swivel L heel and R toe to R (1). Return to center (&). Change weight to R toe and L heel and swivel R heel and L toe to L (2). Return to center (&).	3'00
3 & 4	With weight on L toe and R heel, swivel L heel and R toe to R (3). Return to center (&). Change weight to R toe and L heel and swivel R heel and L toe to L, placing the weight on LF (2).	3'00
5 – 6 &	Grind R heel forward (5). Step to L on LF (2), step RF next to LF (&).	3'00
7 & 8	Cross LF over RF (7). Turn ¼ L stepping back on RF (&). Step back on LF (8).	12'00
4	Back with Body Roll. Heel. Shuffle Forward. Jazz Box ¼ Hitch.	
1 – 2	Step back on RF rolling body back (1). Touch L heel forward (2).	12'00
3 & 4	Step forward on LF (3). Close RF next to LF (&). Step forward on LF (4).	12'00
5 – 6 &	Cross RF over LF (5). Turn ¼ R stepping back on LF (6). Step to R on RF (&).	3'00
7 – 8	Step forward on LF (7). Hitch R knee forward (8).	3'00

Please do not change anything in this stepsheet. If you want to use this somewhere else, you need to make sure that it's in original form and nothing's missing, such as contact details etc.

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