

# EZ Lost in the Middle of Nowhere

**Count:** 32

**Wall:** 4

**Level:** Improver

**Choreographer:** K. Sholes & Shirley Blankenship – September 2019

**Music:** Lost in the Middle of Nowhere by Kane Brown & Becky G.

## **Section 1: Step, Rock, Recover X4**

1&2 3&4      Step on R, Rock L back, Recover R, Step on L, Rock R back, Recover L,  
5&6 7&8      Step on R, Rock L back, Recover R, Step on L, Rock R back, Recover L.

## **Section 2: Shuffle, Walk (X3) or spin, Mambo, Coaster**

1&2 3&4      Step R forward, Step L next to R, Step R forward, Walk LRL forward,  
5&6 7&8      Rock R forward, Recover L, Step R back, Step LR back, Step L forward.

## **Section 3: Hip rolls, Side Mambo X2**

1&2 3&4      Roll hips LRL, Rock R to side, Recover L, Step R next to L,  
5&6 7&8      Roll hips RLR, Rock L to side, Recover R, Step L next to R.

## **Section 4: Step, 1/4 Pivot, Cross Rock, Recover, Cross X3**

1&2 3&4      Step R forward, Pivot 1/4 left, Cross R over L, Rock L to side, Recover R, Cross L over R,  
5&6 7&8      Rock R to side, Recover L, Cross R over L, Rock L to side, Recover R, Cross L over R.

**Begin Again! It's All About Fun!**

**Restart: Wall #3 (6:00) after Section #2**