

Lost and Lonely

Count: 72

Wall: 2

Level: Intermediate waltz

Choreographer: Lotte Irmgarth (DK) & Tina Elmholt (DK) - January 2019

Music: Lost and Lonely - Aaron Lewis



Intro: 48 Counts (Start on lyrics, "Shattered")

Rock ¼ turn, twinkle ½ turn L

- 1-2-3 Rock R forward, recover on L, turn ¼ R, stepping R to R side, (03:00)
4-5-6 Cross L over R, turn ¼ stepping L back on R, turn ¼ L, stepping L to L side, (09:00)

Twinkle R, twinkle ¾ L,

- 1-2-3 Cross R over L, L to L side, R to R side, (09:00)
4-5-6 Cross L over R, turn ¼ stepping back on R, turn ¾ L, stepping L forward (04:30)

Forward kick L, L half turn,

- 1-2-3 Step forward on R, slow kick L forward, (04:30)
4-5-6 Turn ¼ L, stepping L to L side, R next to L, turn ¼ L, stepping L forward, (10:30)

Restart here on wall 3, start again (12:00)

Twinkle ⅙ R, cross L, back, back,

- 1-2-3 Cross R over L, turn ⅙, stepping L to L side, R to R side, (12:00)
4-5-6 Cross L over R, step back on R, step back on L, (12:00)

Cross R, back, back, coaster L,

- 1-2-3 Cross R over L, step back on L, step back on R, (12:00)
3-4-5 Step back on L, R next to L, step L forward, (12:00)

Step R, sweep L, step L, sweep R,

- 1-2-3 Step R forward, sweep L forward, (12:00)
4-5-6 Step L forward, sweep R forward, (12:00)

Twinkle ¼ R, weave R,

- 1-2-3 Cross R over L, step back on L, turn ¼ R, step R to R side, (03:00)
4-5-6 Cross L over R, R to R side, L behind R, (03:00)

Side drag R, rolling vine L,

- 1-2-3 Step R to R side, drag L into R, (03:00)
4-5-6 ¼ turn L, step L forward, ½ turn L, step R back, ¼ L step L to L side, (03:00)

Twinkle ¼ R, cross point R,

- 1-2-3 Cross R over L, turn ¼ R, step back on L, step R to R side, (06:00)
4-5-6 Cross L over R, point R to R side, (06:00)

½ turn R point L, ½ turn L point sweep R,

- 1-2-3 Turn ½ R, stepping down on R, point L to L side, (12:00)
4-5-6 Turn ½ L, stepping down on L, point R into sweep, (06:00)

Twinkle R, Twinkle L

- 1-2-3 Cross R over L, L to L side, Step R to R side, (06:00)
4-5-6 Cross L over R, R to R side, Step L to L side, (06:00)

Forward R, slide L, back L, slide R

1-2-3 Step forward on R, slide L forward to R, (06:00)
4-5-6 Step back on L, slide R back to L, (06:00)

Restart: Wall 3, after 18 count (12:00)

Last Update – 10 Jan. 2019
