

I'll Be Your Lost Cause

Count: 32

Wall: 4

Level: Improver

Choreographer: Chrissie Trent (NZ) - June 2025

Music: Lost Cause - Dean Brody



Intro: 16 Counts from main beat

Sequence of dance: 32, 32, 16, 32, 32, 32, 32, 32, 26, T, 32, 32, 24

[1 – 8] SIDE, TOGETHER, SIDE SHUFFLE, CROSS ROCK, RECOVER, SIDE SHUFFLE

- 1-2 Step R to side, Step L together
- 3&4 Step R to side, Step L together, Step R side
- 5-6 Cross rock L over R, Recover
- 7&8 Step L to side, Step R together, Step L side

[9 – 16] CROSS, BACK, BACK, CROSS, BACK, TOGETHER, WALK R-L

- 1-2 Cross R over L, Step back on L
- 3-4 Step back on R, Cross L over R
- 5-6 Step back on R, Step L together
- 7-8 Walk fwd R-L *

[17 – 24] CROSS ROCK, RECOVER, SIDE, CROSS ROCK, RECOVER, ¼ TURN, STEP FWD, FULL TURN

- 1-2 Cross rock R over L, Recover on L
- 3-4 Step R to side, Cross rock L over R
- 5-6 Recover on R, ¼ turn Step fwd on L (9:00)
- 7-8 ½ turn left stepping R back (3:00), ½ turn left stepping L fwd (9:00)

Alternative for Counts 23 & 24 (Full Turn) you can Walk fwd R-L

[25 – 32] STEP FWD, ½ PIVOT, SHUFFLE FWD, ROCK, RECOVER, COASTER STEP

- 1-2 Step fwd on R, ½ pivot turn left** (3:00)
- 3&4 Step fwd on R, Step L together, Step forward on R
- 5-6 Rock fwd on L, Recover on R
- 7&8 Step back on L, Step R together, Step L fwd (3:00)

REPEAT DANCE IN NEW DIRECTION

Restart: WALL 3* – dance up to & incl Count 16 (Walk fwd R-L) then:

Restart the dance facing (6:00)

Tag/Restart: WALL 9** – dance up to & incl Count 26 (1/2 pivot turn left) then:

Add a 2 Count Tag - Walk R-L to:

Restart dance facing (12:00)

Ending: WALL 12 - dance up to & incl Counts 23 & 24 (Full turn or Walk R-L) then:

Step fwd on R, ¼ pivot turn left to face front

Last Update – 8 Jun. 2025 – R1