

Lost Without You

Count: 48

Wall: 4

Level: Improver

Choreographer: Tracie Lee (AUS)

Music: Lost Without You - Delta Goodrem



- 1 Step back on left dragging right heel towards left foot
2&3 Full turn to the right
4&5 Step left forward, pivot ½ turn right taking weight to right, step left forward
6&7 Step right forward, pivot ½ turn left taking weight to left, step right to right side pushing hips right
8&1 Full turn to the right
- 2&3 Step right behind left, step left to left side, step right to right side dragging left towards right (sailor step)
4&5 Step left behind right, turn ¼ right & step right forward, turn ¼ right & step left to left side dragging right towards left
6&7 Step right behind left, step left to left side, step right to right side dragging left towards right (sailor step)
8&1 Step/rock left back behind right, replace weight to right, step left to left side
- 2&3 Step/rock right back behind left, replace weight to left, step right to right side
4&5 Step left behind right, step right to right side, step left across right,
&6& Step right to right side, step left behind right, step right to right side
7-8 Step/rock left forward across right, replace weight to right
- &1 Step left to left side, step right across in front of left
2 Unwind ¾ turn left ending with weight on right
3&4 Step left back, step right beside left, step left forward (coaster step)
5&6 Rock right out to right side, replace weight to left, step right across left
7&8 Rock left out to left side, replace weight to right, step left across right
- 1&2 1 ¼ turn right
3&4 Step left back, step right beside left, step left forward (coaster step)
5-8 Repeat above 4 counts
- 1-2 Step/rock forward on right, rock back onto left
3&4 Turn 1 ½ turn right (1 ½ triple step)
5-6 Step/rock forward on left, rock back onto right
&7&8 Turn 1 ½ turn left

REPEAT