

Lost In The Feeling

Choreographed by Rick & Deborah Bates

Description: 48 count, partner/circle dance

Music: Their Hearts Are Dancing by The Forester Sisters 100 bpm

Lost In The Feeling by Mark Chesnutt

Hit Country Song by Little Texas 104 bpm

Sweet Memories by Adam Gregory

Position: Right side-By-Side Position. Partners on same footwork unless noted

TWINKLES

1-3 Cross left foot over right and step, step slightly to the right on right foot, step left foot next to right

4-6 Cross right foot over left and step, step slightly to the left on left foot, step right foot next to left

MAN: FORWARD BASIC, LADY: DIAGONAL TO THE LEFT ROLLING TURN, FORWARD BASIC

Release left hands and raise joined right hands. Lady turns under upraised joined hands. Man does first basic almost in place allowing partner to end directly in front of man

7 *MAN:* Step slightly forward on left foot

LADY: Stride forward and diagonally to the left on left foot and begin a full to the left rolling turn traveling forward and to the left

8 *MAN:* Step right foot next to left

LADY: Step on right foot and continue full to the left rolling turn

9 *MAN:* Step slightly forward on left foot

LADY: Step on left foot and complete full to the left rolling turn

Rejoin left hands. Partners now in the Indian position

10-12 Stride forward on right foot, step left foot next to right, step forward on right foot

TWINKLES

13-15 Cross left foot over right and step, step slightly to the right on right foot, step left foot next to right

16-18 Cross right foot over left and step, step slightly to the left on left foot, step right foot next to left

MAN: FORWARD BASIC, BACK BASIC, LADY: FORWARD ½ TURN TO THE LEFT, BACK BASIC

Raise hands. Lady turns under upraised joined hands

19 *MAN:* Stride forward on left foot

LADY: Stride forward on left foot and begin a ½ turn to the left

20 *MAN:* Step right foot next to left

LADY: Step on right foot and complete ½ turn to the left

21 *MAN:* Step forward on left foot

LADY: Step back on left foot

Partners now face each other in the double crossed hand hold position (right over left). Man faces LOD and lady faces rold

22-24 Stride back on right foot, step left foot next to right, step back on right foot

MINUET

During counts 25-27 slowly raise joined hands straight up. Release hands on count 27

25-27 Stride forward on left foot, step right foot next to left, step forward on left foot

During counts 28-30 slowly extend arms outward making a circle as you bring hands down to waist level. Rejoin hands in the Double Crossed Hand Hold position (left over right) on count 30

28-30 Stride back on right foot, step left foot next to right, step back on right foot

MAN: FORWARD BASIC, LADY: DIAGONAL ½ TURN TO THE LEFT, FORWARD BASIC

Raise left hands. Lady turns under upraised joined hands

31 *MAN:* Stride forward on left foot

LADY: Stride forward and diagonally to the left on left foot and begin a ½ turn to left

32 *MAN:* Step right foot next to left

LADY: Step on right foot and complete ½ turn to the left

33 *MAN:* Step forward on left foot

LADY: Step left foot next to right

Partners now in the Right Side-By-Side position facing LOD

34-36 Stride forward on right foot, step left foot next to right, step forward on right foot

FORWARD ¾ ROLLING TURN TO THE LEFT, CROSS, SIDE STEP, CROSS BEHIND

Release left hands and raise right hands. Partners turn under upraised joined hands

37 Stride forward on left foot and begin a ¾ rolling turn to the left traveling toward LOD

38 Step on right foot and continue ¾ rolling turn

39 Step on left foot and complete ¾ rolling turn to the left

Rejoin left hands in the Indian position facing OLOD

40 Cross right foot over left and step

41 Step to the left on left foot

42 Cross right foot behind left and step

LUNGE LEFT, DRAG, TOUCH, ¾ TO THE RIGHT ROLLING TURN

43 Take a long step to the left on left foot

44 Drag right foot toward left

45 Touch right foot next to left

Release left hands and raise right hands. Partners turn under upraised joined hands

46 Step to the right on right foot and begin a ¾ rolling turn to the right traveling toward RLOD

47 Step on left foot and continue ¾ to the right rolling turn

48 Step on right foot and complete ¾ rolling turn

Rejoin left hands in the right side-by-side position facing LOD

REPEAT

TAG

If done to "Lost In The Feeling" please add 6-count tag sequence at beginning of the first repetition of the pattern. This tag is done only once.

1-3 Forward basic (left, right, left)

4-6 Forward basic (right, left, right)