

Lost In The Feeling

Rick & Deborah Bates

Type : 48 Count, Progressive Dance, Circle Dance (Waltz)
Level : Partner Pattern Dance & Classic Pattern Partner Dance B
Music : "Their Hearts Are Dancing" by The Forester Sisters (100 BPM)
Arms : For the arm connections, please refer to the Original WCDF video

Leader

Starting position:

Right Side By Side Position.

Partners on same footwork unless noted

TWINKLES

1 LF Cross over
2 RF Step slightly R
3 LF Step left diagonally forward
4 RF Cross over
5 LF Step slightly L
6 RF Step right diagonally forward

2X BASIC FORWARD

7 LF Step forward
8 RF Step forward
9 LF Step forward
10 RF Step forward
11 LF Step forward
12 RF Step forward

TWINKLES

13 LF Cross over
14 RF Step slightly R
15 LF Step left diagonally forward
16 RF Cross over
17 LF Step slightly L
18 RF Step right diagonally forward

BASIC FORWARD, COASTER STEP

19 LF Step forward
20 RF Step forward
21 LF Step forward
22 RF Step backwards
23 LF Step together
24 RF Step slightly forward

Follower

Starting position:

Right Side By Side Position.

Partners on same footwork unless noted

TWINKLES

1 LF Cross over
2 RF Step slightly R
3 LF Step left diagonally forward
4 RF Cross over
5 LF Step slightly L
6 RF Step right diagonally forward

FULL TURN, BASIC FORWARD

7 LF Step left forward
8 RF Turn ½ L, step backwards
(6.00)
9 LF Turn ½ L, step forward (12.00)
10 RF Step forward
11 LF Step forward
12 RF Step forward

TWINKLES

13 LF Cross over
14 RF Step slightly R
15 LF Step left diagonally forward
16 RF Cross over
17 LF Step slightly L
18 RF Step right diagonally forward

½ TURN, COASTER STEP

19 LF Step forward
20 RF Turn ½ L, step backwards
(6.00)
21 LF Step backwards
22 RF Step backwards
23 LF Step together
24 RF Step slightly forward

Official WCDF competition dance description 2014

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Leader

BASIC FORWARD, COASTER STEP

25 LF Step forward
26 RF Step together
27 LF Step in place
28 RF Step backwards
29 LF Step together
30 RF Step in place

COASTER STEP, BASIC FORWARD

31 LF Step backwards
32 RF Step together
33 LF Step forward
34 RF Step forward
35 LF Step forward
36 RF Step forward

FORWARD $\frac{3}{4}$ ROLLING TURN, CROSS, SIDE STEP, CROSS BEHIND

37 LF Step forward
38 RF Turn $\frac{1}{2}$ L, step backwards (6.00)
39 LF Turn $\frac{1}{4}$ L, step L (3.00)
40 RF Cross over
41 LF Step L
42 RF Cross behind

LUNGE, DRAG, TOUCH, $\frac{3}{4}$ ROLLING TURN

43 LF Long step L
44 RF Drag together
45 RF Touch together
46 RF $\frac{1}{4}$ Turn R, step forward (6.00)
47 LF $\frac{1}{4}$ Turn R, step L (9.00)
48 RF $\frac{1}{4}$ Turn R, step forward (12.00)

Follower

BASIC FORWARD, COASTER STEP

25 LF Step forward
26 RF Step together
27 LF Step in place
28 RF Step backwards
29 LF Step together
30 RF Step in place

$\frac{1}{2}$ TURN, BASIC FORWARD

31 LF Step diagonally L forward
32 RF Turn $\frac{1}{2}$ L, step backwards (12.00)
33 LF Step forward
34 RF Step forward
35 LF Step forward
36 RF Step forward

FORWARD $\frac{3}{4}$ ROLLING TURN, CROSS, SIDE STEP, CROSS BEHIND

37 LF Step forward
38 RF Turn $\frac{1}{2}$ L, step backwards (6.00)
39 LF Turn $\frac{1}{4}$ L, step L (3.00)
40 RF Cross over
41 LF Step L
42 RF Cross behind

LUNGE, DRAG, TOUCH, $\frac{3}{4}$ ROLLING TURN

43 LF Long step L
44 RF Drag together
45 RF Touch together
46 RF $\frac{1}{4}$ Turn R, step forward (6.00)
47 LF $\frac{1}{4}$ Turn R, step L (9.00)
48 RF $\frac{1}{4}$ Turn R, step forward (12.00)