

LOST IN LOVE

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Record : "Lost In Love" CD: Ballroom Stars 4/Casa Musica track No.6

Music Edit omit start 16"

Rhythm : Waltz(ph IV+1) Speed : As on CD Date : June 2013 Ver.1.0

Footwork : Opposite, directions for man(lady as noted)

Sequence : Intro - A - B - A - Inter - B(9~17) - A - Ending



Meas

INTRO

1~ 9 CP/RDW Wait;; Q Diamond Trn 4; Sd to Hinge; W Hover Across SCP; Weave 6 to Bjo;; Manuv; Hesitation Chg(CP/DC);

- 1- 2 CP/RDW lead foot free for both wait 2 meas;;
12&3 3 (Q Diamond Trn 4) Fwd L commence LF trn, sd R cont LF trn/bk L to Bjo/DW, sd & bk R blend CP/LOD;
12- 4 (Sd to Hinge) Sd and bk L twd RDC, relaxing L knee and veering R knee to sway R, -(W
(123) fwd R commence swivel LF, XLIB of R cont swivel LF on L right sd stretch, relaxing L knee left foot thru pt head to L);
-23 5 (W Hover Across SCP) Rise on L lead W RF trn, fwd R between W's foot cont RF trn,
(123) sd & fwd L SCP/DC(W rec fwd R commence RF trn, sd & fwd L cont RF trn, cont trn SCP/DC sd & fwd R);
6- 7 (Weave 6) Fwd R, fwd L commence LF trn to CP, cont LF trn sd & bk R fc RDC;
Bk L twd DC contra Bjo, bk R cont LF trn CP, cont LF trn sd & fwd L contra Bjo/DW;
(W fwd L, LF trn sd R to CP, commence trn sd & fwd L; fwd R contra Bjo, fwd L twd DC cont LF trn to CP, sd & bk R contra Bjo);
8 (Manuv) Fwd R(W bk L)commence RF trn, cont RF trn sd L, cl R CP fc RLOD;
9 (Hesitation Chg) Bk L commence RF trn, cont RF trn sd R fc DC, draw L to R;

Meas

PART A

1~ 8 2 LF Trns;(CP/DW); Whisk; Wing to Scar; OP Telemark; In & Out Runs;(SCP/LOD); Chair & Slip(CP/DC);

- 1- 2 (2 L Trns) Fwd L commence LF trn, sd R cont LF trn, cl L to R; bk R commence LF trn, sd L cont trn, cl R to L CP/DW;
3 (Whisk) Fwd L, sd & fwd R, XLIB of R SCP/DC;
4 (Wing) Fwd R, draw L to R, tch L to R(W across front of M fwd L commence LF trn, cont LF trn fwd R, cont LF trn fwd L) SCAR/DC;
5 (OP Telemark) Fwd L commence LF trn, sd R cont LF trn, sd & slightly fwd L to end SCP/DW(W bk R commence LF trn bring L beside R with no weight, cont LF trn on R heel and change weight to L, sd & fwd R);
6- 7 (In & Out Runs) Fwd R commence RF trn, cont RF trn sd L fc RDC, bk R(W fwd L, fwd R between M's foot, fwd L) contra Bjo/RLOD; Bk L commence RF trn, fwd R between W's foot, fwd L(W fwd R commence RF trn, cont RF trn sd L fc RDC, cont RF trn sd & fwd R) SCP/LOD;
8 (Chair & Slip) Thru R relax right knee, rec L commence LF trn, slip R bk cont LF trn on ball of R(W thru L relax left knee, rec R, swivel LF on R fwd L)end CP/DC;

9~16 1 L Trn; Hover Corte; Bk & R Chasse(Bfly Scar/RDW); Ck Fwd W Develope; Bk Chasse(W Sync Rev Twirl) to Bjo; Manuv; Spin Trn; Box Finish(CP/DC);

- 1 (1 L Trn) Fwd L commence LF trn, sd R cont LF trn, cl L to R;
2 (Hover Corte) Bk R commence LF trn, sd L cont LF trn and body stretch, cont LF trn Bjo/DW rec bk R twd RDC;
12&3 3 (Bk & R Chasse Scar) Bk L commence RF trn, cont RF trn sd R/cl L, sd & fwd R blend Bfly Scar/RDW;
1-- 4 (Ck Fwd W Develope) Ck fwd L, -(W bk R, L knee lift, kick L foot extend);
12&3 5 (Bk Chasse W Sync Rev Twirl) Bk R commence LF trn commence lead W LF trn under lead hands, cont LF trn sd L/cl R, sd & fwd L(W fwd L commence LF trn under lead hands, sd R cont LF trn/ sd & fwd L, cont LF trn sd & bk R) Bjo/DW;
6 (Manuv) Fwd R(W bk L)commence RF trn, cont RF trn sd L, cl R CP fc RLOD;
7 (Spin Trn) Bk L pivot 1/2 RF, fwd R between woman's feet heel to toe cont RF trn fc DW, sd & bk L(W fwd R between man's feet heel to toe pivot 1/2 RF, bk L cont RF trn

brush R to L, sd & fwd R);
8 (Box Finish) Bk R commence LF trn, cont LF trn sd L, cl R fc DC;

Meas

PART B

1~ 8 OP Telemark; X Ck Rec Pt(W Roll Out) LOP; X Chasse; X Ck & Hold; W Insd Trn to Bjo; Wheel 3; Sync Run Around; Manuv;

- 1 (OP Telemark) Fwd L commence LF trn, sd R cont LF trn, sd & slightly fwd L to end SCP/DW(W bk R commence LF trn bring L beside R with no weight, cont LF trn on R heel and change weight to L, sd & fwd R);
12- (123) 2 (X Ck & Rec Pt W Roll Out LOP) Ck thru R, rec L, pt sd R(W thru L commence LF trn, cont LF trn sd & bk R, cont trn sd L) LOP/RDW right foot free for both;
12&3 3 (X Chasse) XRIF of L, sd L/cl R, sd & fwd L;
1-- 4 (X Ck & Hold) Ck XRIF of L trail hands extend sd, -, -;
5 (W Insd Trn to Bjo) Rec L, fwd R commence RF trn lead W LF trn, cont RF trn fwd L fc DW(W rec L commence LF trn under lead hand, cont LF trn stp in place R, L fc RDC)blend Bjo;
1&2&3 6 (Wheel 3)Rf wheel fwd R, L, R fc LOD;
(--) 7 (Sync Run Around)Still Bjo RF around W fwd L/R, L/R, L(W weight on R left foot extend sd & bk, -, -)Bjo/DW;
8 (Manuv) Fwd R(W bk L)commence RF trn, cont RF trn sd L, cl R CP fc RL0D;

9~17 Spin Trn; Box Bk(Scar/DW); X Hover Bjo; X Hover Scar; X Hover SCP; Thru Prom Sway; Chg Oversway; Rec Hover SCP; Slow Sd Lk;

- 9 (Spin Trn) Bk L pivot 1/2 RF, fwd R between woman's feet heel to toe cont RF trn fc DW, sd & bk L(W fwd R between man's feet heel to toe pivot 1/2 RF, bk L cont RF trn brush R to L, sd & fwd R);
10 (Box Bk to Scar) Bk R, sd L, cl R Scar/DW;
11 (Cross Hover Bjo) XLIF of R commence LF trn, sd R cont LF trn, cont trn rec L Bjo/DC;
12 (Cross Hover Scar) XRIF of L commence RF trn, sd L cont RF trn, cont trn rec R Scar/DW;
13 (Cross Hover SCP) XLIF of R, sd R lead W RF trn, sd & fwd L SCP/LOD;
12- 14 (Thru Prom Sway) Thru R, sd & fwd L stretch left sd look over joined lead hand, -;
--- 15 (Chg Over Sway) Relax L knee keeping R leg extended, slight LF trn stretch L sd of body, cont sway & look W(W look L);
-23 16 (Hover Exit SCP) Hold, sd R straight up commence RF trn, fwd L to SCP/LOD;
17 (Slow Sd Lk) Thru R, sd L lead W pickup, XRIB of L(W thru L commence LF trn, cont LF trn sd R, cont trn XLIF of R) fc DC;

Meas

INTERLUDE

1~ 8 1/2 Diamond Trn;; Q Diamond Trn 4; Sd to Hinge; W Hover Across SCP; Weave 6 to Bjo;; Manuv;

- 1- 2 (1/2 Diamond Trn) Fwd L commence LF trn, sd R cont LF trn, bk L to Bjo/RDC; Bk R cont LF trn, sd L cont LF trn, fwd R ck action to Bjo/RDW;
3- 8 Repeat meas 3-8 of Introduction;;;;;

Meas

ENDING

1~ 8 Diamond Trn;;; OP Telemark; In & Out Runs;(SCP/LOD); Chair & Slip(CP/DC);

- 1- 4 (Diamond Trn) Fwd L commence LF trn, sd R cont LF trn, bk L to Bjo/RDC; Bk R cont LF trn, sd L cont LF trn, fwd R ck action to Bjo/RDW; Fwd L commence LF trn, sd R cont LF trn, bk L to Bjo/DW; Bk R cont LF trn, sd L cont LF trn, fwd R to Bjo/DC;
5- 8 Repeat meas 5-8 of Partt A;;;;

9~11 1 L Trn; Bk Chasse SCP; Thru to Hinge;

- 9 (1 L Trn) Fwd L commence LF trn, sd R cont LF trn, cl L to R;
12&3 10 (Bk Chasse SCP) Bk R commence LF trn, cont LF trn blend SCP/LOD sd & fwd L/cl L, sd & fwd R;
12- (123) 11 (Thru to Hinge) Thru R, sd L twd LOD, relaxing L knee and veering R knee to sway R(W thru L, sd & fwd R commence swivel LF, XLIB of R cont swivel LF on L right sd Stretch relaxing L knee left foot thru pt head to L);