

LOST IN LOVE

Choreography: Doris Ho, 2321 Hagen Drive, Alhambra, CA 91803 **email:** dorisho2008@gmail.com
Music: Ballroom Stars Vol. 4 CD 1 – Track 6 “Lost In Love” **Artist:** Tong Li
Rhythm: Waltz **Phase:** 6
Sequence: Intro, A, B, C, C Mod, B, Inter, C Mod, B Mod, A Mod **Time/Tempo:** 4:08 @ 29 bpm
Footwork: Described for Man - Woman opposite (or as noted) **Timing:** 123 unless otherwise noted

INTRODUCTION

- 1-7 WAIT Pickup Notes - SWY L; SWY R; SYNC UAT; FWD to DEVELOPE; SYNC REV UAT; FWD to DEVELOPE; REV UAT LADY to SKTRS;**
- [Wait 6 Pickup Notes] Starting Pos - Open Bfly facing DLW- Lead ft free-Wait 6 pickup notes
- 1 [Sway Left] Sd stp L shape to the R in op Bfly DLW; (*W: sd stp R shape to L;*)
- 2 [Sway Right] Sd stp R shape to the L in op Bfly DLW; (*W: sd stp L, shape to R;*)
- 12&3 3 [Syncopated Underarm Turn to SCAR] Sd L bring L arm up to lead Lady UAT, XRIBL/cl L to R, fwd R to Bfly SCAR DLW; - *Sd R rotate RF under jn lead hnds, bk L/cl R to L, cont to rotate RF sd & bk L to Bfly SCAR DRC*
- 1-- (123) 4 [Forward to Develope] Fwd L hd R swy L to Bfly SCAR; (*W: Bk R, bring L ft up R leg to inside of R knee, xtnd L ft fwd w/ body stretched upward on develop but knee remains flexed;*)
- 12&3 5 [Syncopated Reverse Underarm Turn] XRIBL bring L arm up to lead Lady UAT, sd L/cl R to L, sd L to Bjo DLC; (*W: fwd L rotate LF under jn lead hnds, cont to rotate R ft bk/L ft fwd, cont to pvt & rotate LF sd R to Bfly Bjo DRW;*)
- 1-- (123) 6 [Forward to Develope] Fwd R hd L swy R to Bfly Bjo DLC; (*W: Bk L, bring R ft up L leg to inside of L knee, xtnd R ft fwd w/ body stretched upward on develop but knee remains flexed;*)
- 7 [Rev UAT Lady to Skaters DLC] Rec L & bring R arm up to initiate Lady UAT, hold, sd R chg hnds to SKTR DLC; (*W: fwd R rotate LF under M's R hnd, curl to rotate bk L, sd R chg hnds to SKTR DLC;*) Both L ft free

PART A

- 1-9 SHDW DIAM TRN end LOD; ; ; ; UAT LADY L to SD X SD; FWD LEFT & CHASSE RIGHT; X CK & XTND; REC ROLL LADY L to SKTRS; ROLL LADY to CP;**
- 1-4 [Shadow Diamond Turn end LOD] Both fwd L turning LF, cont LF trn sd R, bk L to DRC; Bk R turning LF, sd L cont LF trn, fwd R to fc DRW; Fwd L turning LF, sd R cont LF trn, bk L to DLW; Bk R turning LF, sd L cont LF trn, fwd R to SKTRS LOD; (*W: L hnds jn R arm xtnd*)
- 12&3 5 [Underarm Turn Lady to Side by Side DLW] Fwd L to lead Lady UAT, sd R/cl L to R, fwd R DLW; (*W: Fwd L rotate RF under jn L hnds, sd R/cl L to R cont to pvt RF on toes, fwd R to sd x sd DLW next to M;*) trail hnds jn
- 12&3 6 [Forward Left & Chasse Right] Both fwd L, sd R/cl L to R, sd R DLW sd x sd trail hnds jn;
- 1-- 7 [Cross Check & Extend] Both XLIFR sd x sd DLW slowly xtnd arm; **{Note:** M xtnd L arm up & bk} *{W xtnd R arm up & fwd}*
- 12- (1&23) 8 [Recover & Roll Lady Left to Skater Position] Rec R & bring R hnd down to initiate Lady LF trn, sd L, tch R w/o wgt change; (*W: Rec R, rotate LF fwd L/XRIFL, cont to rotate LF sd L to Skaters DLW;*)
- 23 (123) 9 [Roll Lady R & forward to Closed Position DLW] Hold, fwd R, fwd L to CP DLW; (*W: fwd R rotate RF, bk L, bk R to CP RDLC;*) Lead hnds jn trail ft free;

PART B

- 1-4 CK NAT & SLP PVT; REV FALWY SLP PVT; DBL REV SPN; HVR TELE;**
- 1 [Check Natural & Slip Pivot DLC] Fwd R turning RF, sd & fwd L twd LOD ckng RF trn, bk R turning LF (Slp Pvt) to fc DLC; (*W: bk L DLW turning RF, sd & fwd LOD turning hd well R, pivoting LF on R fwd L DRW (Slp Pvt);*)

- 1&23 2 [Reverse Fallaway Slip Pivot] Fwd L turning LF, sd & bk R DLC/bk L w/ R sd lead, pivoting LF on L pull R bk past L completing LF pvt on R in CP LOD; (*W: Bk R turning LF, sd & bk L DLC/bk R w/ L sd lead pivoting LF on R, slp L fwd in CP;*)
- 12- (12&3) 3 [Double Rev Spin DLW] Fwd L turning LF, sd R DLC, cont LF spn cl L to R w/o wgt to DLW; (*W: Turn LF bk R DLC, cl L to R (Heel Trn)/sd R DLW, turning LF XLIF of R;*)
- 4 [Hover Telemark LOD] Fwd L, diag sd & fwd R rise sltly w/ bdy turning RF, fwd L sm stps on toes SCP LOD; (*W: Bk R, diag sd & bk L w/ hover & turn bdy RF, fwd R sm stps on toes;*)

5-8 OP NAT; OUTSD SPN; BK/LK BK SD/LK; TRN L & CHASSE to BJO;

- 5 [Open Natural to RLOD] Fwd R LOD stg turning RF, sd & bk L LOD, cont to trn RF bk R LOD R shoulder lead; (*W: Fwd L LOD, turning RF fwd R LOD, fwd L LOD L shoulder lead;*)
- 6 [Outside Spin DRW] CBMP BJO trn bdy to R toeing in w/ R sd lead bk L sm stp 3/8 trn to R, fwd R heel to toe cont to trn R, 3/8 trn btwn 2 & 3 sd & bk L to end in CP 1/4 trn DRW; (*W: trn bdy to R w/ a L sd lead staying well in M's R arm R ft fwd in CBMP o/s ptr heel toe, L ft cl to R ft on toe trn btwn 1 & 2, cont to trn btwn 2 & 3 fwd R btwn M's ft trn on 3;*)
- 1&23& 7 [Bk/Lk Bk Sd/Lk DLC] Bk R twd DLC w/ R sd ld/XLif of R, bk commence trn LF, cont trn sd L twd LOD/cont trn XRIB of L to CP DLC;
- 12&3 8 [Turn Left & Chasse to BJO] Fwd L start LF upper bdy trn, sd R trn L/cl L, sd R to BJO;

9-12 OUTSD CHG to SEMI; SYNC RIPPLE VIN TWICE ; ; RUNNING OP NAT to ;

- 9 [Outside Change to Semi LOD] Bk L, bk R turning LF, sd & fwd L to SCP LOD; (*W: fwd R, fwd L turning LF, sd & fwd R to SCP - keep hd L on 1 & 2 trn hd to R on 3;*)
- 1&23 10-11 [Syncopated Ripple Vine Twice] Thru R stretching L sd & look bk over R shoulder/ sd L cont to look twd RLOD, XRIB of L rolling hd bk to LOD, fwd L in SCP LOD ; Repeat Meas 10;
- 1&23 12 [Running Open Natural RLOD to a] Fwd R DLC turning RF, sd & bk L DLC/bk R DLC w/R sd lead, bk L DLC w/R sd lead; (*W: Fwd L DLC, fwd R DLC turning RF w/hd L in CP/fwd L DLC w/L sd lead, fwd R DLC o/s M w/L sd lead;*)
- 12&3

13-16 TUMBLE TRN; L WSK; UNWIND IN 4; BK HVR to SEMI;

- 12&3 13 [Tumble Turn] Bk R turning LF to momentary CP/sd & fwd L twds LOD bdy trns less comm to stp o/s ptr, cont LF trn fwd R LOD o/s ptr stretching R sd while rising to toe turning LF, sm fwd L toe pivoting softening into L knee; (*W: Fwd L turning RF/sd & fwd R, bk L twds LOD stretch L sd rising to toe turning LF, bk R & hd well to the R*) to CP DRC;
- 14 [Left Whisk DRW] Thru R to momentary SCP, sd & fwd L to CP, XRIBL to rev SCP turning upper bdy to L; (*W: Thru L, sd & sltly bk R, XLIBR;*)
- 123 (1&23) 15 [Unwind in 4] Lower sltly & hook RIBL to unwind RF, cont RF unwind rising to R toe, sd & fwd L; (*W: run arnd M fwd L/fwd R, fwd L brush R to L turning RF square to M, sd & fwd R;*)
- 16 [Back Hover to Semi DLC] Bk L, sd & bk R w/ a slt rise, rec L to SCP DLC; (*W: Fwd R, sd & fwd L w/ a slt rise, recover R to SCP;*)

PART C

1-8 WEV 6 to SEMI ;; LONG HVR CORTE; ; UNDERTURN OUTSD SPN to ; 2 R TRNG LKS 2ND LK ENDS in SEMI LOD ;; RIPPLE CHASSE to SEMI;

- 1-2 [Weave 6 to Semi DLC] Fwd & sltly across R, turning sltly LF fwd L, turning LF sd & bk R; bk L in BJO, turning LF bk R in CP, turning LF sd & sltly fwd L w/L-shoulder leading DLC; (*W: Fwd L in SCP, turning LF sd & bk R, turning LF sd & sltly fwd L w/ L-shoulder leading; fwd R in BJO, turning LF fwd L into CP, turning LF sd & bk R w/ R-shoulder leading;*)
- 12---6 3-4 [Long Hover Corte] Bk R starting LF trn, sd & fwd L slowly rise to hover ,,,, rec bk R in CBMP CP; (*W: Fwd L trn LF, sd & fwd R slowly risk to hover,,,, rec L to CBMP;*)
- 5 [Under turn the Outside Spin RLOD to] Turning RF bk L a sm stp, fwd R turning RF, cont RF trn sd L CP RLOD; (*W: Tuning RF, cl L to R pivoting RF on toes, fwd R in CP;*)
- 1&23 6-7 [2 Right Turning Locks 2nd Lock ends in Semi LOD] Bk R trn RF / X LIFR cont RF trn, fwd & sd R trn SCP DLC, fwd & sd L CP DLC. The 2nd lock ends in SCP LOD;; (*W: Fwd L trn*

RF / XRIBL cont RF, bk & sd L trn CP DLC, fwd & sd R in CP RDW. 2nd lock ends in SCP LOD; ;)

- 12&3; 8 [Ripple Chasse to Semi DLW] Thru R, sd & fwd L w/ L sd stretch/cont stretch clsg R to L looking to R, sd & fwd L blending to SCP DLW; (*W: Thru L, sd & fwd R w R sd stretch/cont stretch clsg L to R looking L, sd & fwd R to SCP;*)
{Option for Meas 6-8: Only 1 R Turning Lock to Semi; then 2 Ripple Chasse to Semi ; ;}

1-9

PART C Modified

- 1-8 Repeat PART C
 9 **RIPPLE CHASSE to CP DLW** Repeat Part C meas 8 but ends in CP DLW;

Repeat PART B**INTERLUDE**

1-8 WING; DBL REV SPN; 2 VIENNESE TRNS;; OP TELE to THRWY OVRSWAY;; REC to SCAR then X-SWIVEL; HOVER BRUSH to SEMI DLC;

- 1 [Wing DLC] Fwd R, draw L to R w/ LF bdy trn, touch L to fc DLC; (*W: bk L, sd R across man, fwd l to SCAR pos feg DRW;*)
 12- (12&3) 2 [Double Rev Spin LOD] Fwd L turning LF, sd R DLC, cont LF spin cl L to R w/o wgt to CP LOD; (*W: turning LF bk R DLC, cl L to R (Heel Turn)/sd R LOD, turning LF XLIF of R;*)
 3-4 [2 Viennese Turns LOD] Fwd L LF trn, sd R cont LF trn, XLifR; bk R cont LF trn, sd L cont trn, cl R to L; (*W: bk R LF trn, sd L cont trn, cl R to L; fwd L cont trn, sd R cont trn, XLifR ;*)
 5-6 [Open Telemark to Throwaway Oversway DLW] Fwd L slt bdy trn LF, cont turning LF sd R, cont turning LF sd & fwd L; Relax L knee & allow R to pt sd & bk while keeping R sd in twd Lady w/ L sd stretch, comp LF trn on relaxed L leg to fc DLW w/ hd to R, cont to shape R; (*W: bk R slt LF trn, cl L to R turning LF on R then chg wgt to L (heel trn), cont turning LF sd & fwd R in SCP shaping R w/ hd R; Begin LF trn relax R knee & sliding L ft bk under bdy past the R ft to pt bk, shaping up & out to the L looking well to the L, & keeping L sd twd man;*) **{Note: The 3rd beat of the Op Tele is the start of the Throwaway Oversway}**
 12- 7 [Recover to Sidecar then Both Cross Swivel] Rec L to SCAR DLW, fwd L swiveling on L & turning LF to BJO, & hold; (*W: Rec L, X-swvl R, & hold;*) Both trail ft free
 1-3 8 [Hover Brush to Semi DLC] **{Note: 2 wgt change in 3 beats}** Fwd R swvl RF to CP, rising on R brush L to R on toes & turning to Semi w/o wgt change, sd & fwd L DLC; (*Bk L swvl R, rising on L brush R to L on toes & turning to Semi w/o wgt change, sd & fwd R DLC;*)

Repeat PART C Mod

1-16

PART B Modified

- 1-15 Repeat Meas 1 – 15 of PART B
 16 **[BK HOVER to SEMI LADY OVERTURN to SkTR DLC]** Repeat Meas 16 of Part B but Lady overturn to SKTR pos.

1-8

PART A Modified

- 1-7 Repeat Meas 1 to 7 of PART A
 12- (12&3) 8 **[SLOWLY REC to OPEN HINGE LINE]** Slowly rec R w/slt LF trn, sd & bk L turning LF, hold w/slt LF bdy cont to trn w/ R arm xtnd DLC; (*W: slowly rec R begin to rotate LF, cont to rotate LF fwd L, cont LF trn XRIFL/bk L w/ head well L & R toe pointed fwd L arm xtnd;*)