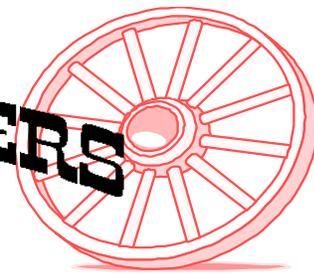




COUNTRY CLUB DANCERS



Lost In The Shuffle

Choreographed By **Ann Williams**. "Country Cousins Western Dancers" 023 9234 1758
 Description **Partner Dance (56 Count) Start with man facing L.O.D. Lady on man's R.L.O.D.No Hand Hold**
 Music **Lost In The Shuffle - Monty Holmes. 112 bpm. CD "All I Ever Wanted"**
Foolish Heart - The Mavericks. 104 bpm.
Start on the word "Heart" "Foolish Heart"

Dance Taught By: Paul & Sharon Hergert for the Country Club Dancers 2-11-08

Rock. Recover. Triple ½ Turn. Rock. Recover. Triple ½ Turn.

- 1-4 **Man:** Step and rock forward on right. Recover back onto left.
 Triple step on the spot stepping right, left, right making ½ turn right to face R.L.O.D.
Lady: Step and rock forward on right. Recover back onto left.
 Triple step on the spot stepping right, left, right making ½ turn right to face L.O.D.
- 5-8 **Man:** Step and rock forward on left. Recover back onto right.
 Triple step on the spot stepping left, right, left, making ½ turn left to face L.O.D.
Lady: Step and rock forward on left. Recover back onto right.
 Triple step on the spot stepping left, right, left, making ½ turn left to face R.L.O.D.
Join right hands inside.

Man: Rock. Recover. Shuffle. Rocking Chair. Lady: Step. Pivot. Shuffle ½ Turn. Rock. Recover. Step. Pivot.

- 9-12 **Man:** Step and rock back on right. Recover forward onto left. Right shuffle forward.
Lady: Step right forward. Pivot ½ turn left to face L.O.D. Right shuffle making ½ turn left to face R.L.O.D.
Raise right hands over ladys' head as she turns.
- 13-16 **Man:** Step and rock fwd on left. Recover back onto right. Step and rock back on left. Recover fwd onto right.
Lady: Step and rock back on left. Recover forward onto right. Step left forward. Pivot ½ turn right to face L.O.D.
Rejoin left hands in Right Side by Side position.

Step. Brush. Shuffle. Step. Brush. Shuffle. Cross. Back. ¼ Turn. Point. ¼ Turn. ¼ Turn. Behind. Point.

- 17-20 Step left forward. Brush right forward. Right shuffle forward.
 21-24 Step left forward. Brush right forward. Right shuffle forward.
 25-28 Step and cross left over right. Step right back. Turn ¼ left stepping left to left side. Point right to right side.
Release left hands, raise right over ladys' head and touch left hands in Reverse Indian position.
 29-30 Turn ¼ right stepping right forward. Turn ¼ right stepping left to left side.
Raise right hands over ladys' head, rejoin left hands over ladys' left shoulder in Indian Position.
 31-32 Step and cross right behind left. Point left to left side.

Step. Point. Step. Point. Rock. Recover. Coaster ¼ Turn.

- 33-36 Step left forward. Point right to right side. Step right forward. Point left to left side.
 37-38 Step and rock forward on left. Recover back onto right.
 39&40 Swing left around making ¼ turn left and step left back. Step right beside left. Step left forward.
Now facing L.O.D. in Right Side by Side position. (Sweetheart)

Step. Lock. Shuffle. Step. Lock. Shuffle.

- 41-44 Step right forward. Step and lock left behind right. Right shuffle forward.
 45-48 Step left forward. Step and lock right behind left. Left shuffle forward.

Rock. Recover. Triple ½ Turn. Step. Pivot. (Lady Rock) Triple Step.

- 49-52 Step and rock forward on right. Recover onto left. Triple step R.L.R. making ½ turn right to face R.L.O.D.
Release left hands, raise right.
- 53-54 **Man:** Step left forward. Pivot ½ turn right.
Lady: Step and rock forward on left. Recover onto right.
- 55&56 Triple step left, right, left on the spot.
Lower right hands to waist height and release hands.

HAPPY DANCING

**LOST IN THE
 SHUFFLE
 2-11-08**