LOST IN LOVE

Choreography: Doris Ho, 2321 Hagen Drive, Alhambra, CA 91803
Music: Ballroom Stars Vol. 4 CD 1 – Track 6 “Lost In Love”
Rhythm: Waltz
Sequence: Intro, A, B, C, C Mod, B, Inter, C Mod, B Mod, A Mod
Footwork: Described for Man - Woman opposite (or as noted)
email: dorisho2008@gmail.com
Artist: Tong Li
Phase: 6
Time/Tempo: 4:08 @ 29 bpm
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);
3 [Syncopated Underarm Turn to SCAR] Sd L bring L arm up to lead Lady UAT, XIRIBL/el L to R, fwd R to Bfly SCAR DLW; - Sd R rotate RF underjn lead hnds, bk L/el 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, xtn L ft fwd w/ body stretched upward on develop but knee remains flexed;)
12&3 5 [Syncopated Reverse Underarm Turn] XIRIBL bring L arm up to lead Lady UAT, sd L/el R to L, sd L to Bjo DLC; (W: fwd L rotate LF underjn 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, xtn 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 xtn)
12&3 5 [Underarm Turn Lady to Side by Side DLW] Fwd L to lead Lady UAT, sd R/el L to R, fwd R DLW; (W: Fwd L rotate RF underjn L hnds, sd R/el 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/el L to R, sd R DLW sd x sd trail hnds jn;
1-- 7 [Cross Check & Extend] Both XIIRF sd x sd DLW slowly xtn arm; {Note: M xtn L arm up & bk} {W xtn 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/XIRIFL, 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 ckngr 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);)

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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, slip 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 DLC, turning LF XLF 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 L LOD stg turning RF, sd & bk R 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 spnt 3/8 trn to R, fwd R heel to toe cont to trn R, 3/8 trn bwn 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 am R ft fwd in CBMP o/s ptr heel toe, L ft cl to R ft on trn bwn 1 & 2, cont to trn bwn 2 & 3 & fwd R bwn M's ft trn on 3;)

7 [BK/LK BK SD/LK DLC] BK R twd DLC w/ R sd Id/XL of R, bk commence trn LF, cont trn sd L twd LOD/cont trn bnsc XRbd 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 L & 2 trn hd to R on 3;)

10-11 [Syncopated Ripple Vine Twice ] Thru R stretching L sd & look bk over R shoulder / sd L cont to look twd RLOD, XRBD of L rolling hd bk to LOD, fwd L in SCP LOD; Repeat Mess 10; 12&3 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;)

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 twns LOD bdy trnss 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 kneec; (W: Fwd L turning RF/sd & fwd R, bk L twns LOD stretch L sd rising to toe turning LF, R & hd well to the R) to CP DRC;

14 [Left Whisk DRW] Thru R to momentary SCP, sd & fwd L to CP, XRBD to rev SCP turning upper bdy to L; (W: Thru L, sd & sltly bk R, XLBR;)

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 TRN LKS 2ND LK ENDS in SEMI LOD ;; ROLL 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: Turning 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 Lt/R 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
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 I to SCAR pos fcg DW;

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 DLC 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- [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 [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
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.

PART A Modified

1-8
1-7 Repeat Meas 1 to 7 of PART A

12- [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 xtd DLC; (W: slowly rec R begin to rotate LF, cont to rotate LF fwd I, cont LF trn XRIFI/bk L w/ head well L & R toe pointed fwd L arm xtd;)

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