

Lost In The Sound

Count: 32

Wall: 4

Level: Beginner

Choreographer: Paul James (UK) - February 2023

Music: Kill the Lights (with Nile Rodgers) - Alex Newell & DJ Cassidy



Intro – 32 Counts

Tag – 8 Counts at the end of Wall 1. Restart – After count 16 on Wall 12

[1–8] Hitch, Step, Touch, Step x 2

- 1, 2 Hitch R Knee (1) Step RF next to LF (2)
- 3, 4 Touch L Toe back (3) Step LF next to RF (4)
- 5, 6 Hitch R Knee (5) Step RF next to LF (6)
- 7, 8 Touch L Toe back (7) Step LF next to RF (8)

Optional Rolling Arms Demo'd On Video

[9–16] ¼ Box Step, V Step

- 1, 2 Step RF to R corner (1) Step LF to L corner
- 3, 4 Make ¼ turn R stepping RF to R (3) Step LF next to RF (4)
- 5, 6 Step RF to R corner, Step LF to L corner (6)
- 7, 8 Step RF back in place (7) Step LF next to RF (8)

Restart dance here on Wall 12

[17–24] Weave R, Hip Bumps x 4 (Lifting Arms)

- 1, 2 Step RF to R (1) Cross LF behind RF (2)
- 3, 4 Step RF to R (3) Cross LF over RF (4)
- 5 Step RF to R Bumping R Hip – lifting arms, hands start at hip height
- 6, 7, 8 3 more hip bumps to R – Continue lifting arms outwards, to up.

[25–32] Side, Cross, Side, Kick Ball Step, Together, Heel Bounces.

- 1, 2 Step LF to L (1) Cross RF over LF (2)
- 3, 4 Step LF to L (3) Kick RF forward (4)
- &5, 6 Step RF down (&) Step LF forward (5) Step RF next to LF (6)
- 7, 8 Bounce the heels x 2 (7, 8)

Tag – Switches x 4, Toe Struts x 2

- 1& Touch R Toe in place (1) Step RF in place (&)
- 2& Touch L Toe in place (2) Step LF in place (&)
- 3& Touch R Toe in place (3) Step RF in place (&)
- 4& Touch L Toe in place (4) Step LF in place (&)
- 5, 6 Step R Toe forward (5) Drop R heel (6)
- 7, 8 Step L Toe forward (7) Drop L heel (8)

Demo Video Available Soon On YouTube Account – cudgeecoo

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Happy Dancing :)