

LOST AND BROKEN HEARTED

Count: 64. **Wall:** 4. **Level:** Easy Intermediate

Choreographer: Joshua Talbot (AUS) & Trent Duncan (AUS) - September 2024

Music: Through by Fancy Hagood. Album: Through - single

INTRO: 16 count. Weight on L. Two Restarts.

STEP, LOCK, STEP, SCUFF, STEP, TOUCH BEHIND, BACK, KICK

1-4 Step R forward, Lock L behind R, Step R forward, Scuff L

5-8 Step L forward, Tap R toe behind L, Step R back, Low Kick L forward

BACK, LOCK, BACK, COASTER BACK, STEP

1-4 Step L back, Lock R over L, Step L back, Low Kick R forward

5-8 Step R back, Step L beside R, Step R forward, Step L forward

MONTEREY 1/4 RIGHT, COASTER BACK, STEP

1-4 Touch R toe to right, Step R beside L turning ¼ right, Touch L toe to left, Step L beside R

5-8 Step R back, Step L beside R, Step R forward, Step L forward **[3:00]**

RESTARTS: Wall 2 and Wall 5

MODIFIED V STEP

1-4 Step R forward 45° right, Hold, Step L forward 45° left, Hold

5-8 Step R back to centre, Step L beside R, Step R forward 45° right, Step L forward 45° left

POINT FORWARD, STEP, POINT FORWARD, STEP, ROCK RIGHT, RECOVER, KICK, CROSS

1,2 Touch R toe forward with R heel twisted/pointed in, Step R slightly forward

3,4 Touch L toe forward with L heel twisted/pointed in, Step L slightly forward

5-8 Rock R to right, Recover onto L, Low Kick R across L, Cross R over L

ROCK LEFT, RECOVER, CROSS STRUT, VINE RIGHT 1/4, SCUFF

1-4 Rock L to left, Recover onto R, Cross Touch L toe over R, Drop heel to floor

5-8 Step R to right, Step L behind R, Turn ¼ right step R forward, Scuff L **[6:00]**

OPTION 5-8: Rolling 1¼ right Vine, Scuff.

STEP, HOOK BEHIND, BACK, KICK, COASTER BACK 1/4 RIGHT

1-4 Step L forward, Hook R behind L (**keep it low**), Step R back, Low kick L forward

5-8 Step L back, Turn ¼ right step R beside L, Step L forward, Scuff R **[9:00]**

SIDE STRUT, ROCK BACK, RECOVER, SIDE STRUT, ROCK BACK, RECOVER

1-4 Touch R toe to right, Drop heel to floor, Rock L back, Recover onto R

5-8 Touch L toe to left, Drop heel to floor, Rock R back, Recover onto L

64 REPEAT

RESTARTS:

During Wall 2 dance to count 24 and Restart facing 12:00

During Wall 5 dance to coun 24 and Restart facing 9:00.

Last Update: 08 October 2024