

# LOST IN TIME

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**MUSIC:** Ballroom Paradise - DJ Ice - "Theme From Somewhere In Time" - Track #6

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**SEQUENCE:** A, B, C, A, B, C, Ending **SPEED:** Slow from 29 to 28 MPM **RELEASED:** June 2021

**RHYTHM:** Waltz **PHASE:** VI **FOOTWORK:** Described for M - W opposite (or as noted)

## PART A

### **1 - 4 CHANGE OF DIRECTION; TELESPIN; TO SEMI; THRU RIPPLE VINE;**

Wait 3 quick piano notes (&1&) in CP DLW w/lead foot free for both,

- 12- 1 - Fwd L DLW, fwd R toe pointing LOD comm LF trn, cont LF trn touch L to R to CP DLC;
- 12- 2 - Fwd L comm LF trn, fwd & sd R past ptr cont LF trn (cl L heel turn), point L sd & slightly bk L LOD to face  
(123) DRW (fwd R LOD head closed to L);
- 123 3 - Trng LF thru hip & upper body to lead W fwd/fwd L DLC cont LF trn to CP, fwd & sd R past ptr cont LF trn,  
(&123) sd & fwd L (fwd L heel lead moving around the M on his L side/fwd & sd R trng LF square to M at end of step,  
cl L to R toe trn, sd & fwd R) to SCP DLW;
- 12&3 4 - Thru R, sd L trng slightly RF to blend to CP stretch L sd to briefly look twd but over W (head to L)/XRIB of L,  
correct sway sd & fwd L still in SCP but now LOD;

### **5 - 8 THRU TO DOUBLE RISING LOCKS DLC; DOUBLE REVERSE OVERSPIN; HINGE; LADY RECOVER & QUICK PIVOT TO SIDECAR (DRW);**

- 12&3& 5 - Thru R, fwd & sd L comm LF trn leading W to swing in front/cont trng LF lk RIB of L, curving slightly LF fwd &  
sd L/lk RIB of L (thru L, fwd & sd R trng LF in front of M/XLIF of R, bk & sd R/XLIF of R) to CP DLC;
- 12-& 6 - Fwd L comm LF trn, fwd & sd R cont LF trn, cont LF trn touch L to R completing full trn to CP DLC/small fwd L  
(12&3&) pivot 3/8 LF (bk R comm LF trn, cl L to R heel turn/cont LF trn sd & slightly bk R, XLIF of R completing full LF  
trn/small sd & bk R pivot 3/8 LF) to CP RLOD;
- 12- 7 - Bk R comm LF trn, cont LF trn sd & fwd L facing WALL rotate slightly LF, lower slightly to extend the line  
(123) (fwd L comm LF trn, fwd & sd R cont LF trn, XLIB of R lowering slightly & head to L);
- 2&3 8 - Rise on L rotating RF to lead W out of hinge, fwd R between W's feet comm RF pivot/bk L RLOD cont RF  
(12&3) pivot, sd & fwd R (rec R comm RF trn, bk L RLOD cont RF pivot/fwd R RLOD between M's feet cont RF  
pivot, sd & bk L) to SDCR DRW;

### **9-12 FWD CHECK RECOVER TO SEMI DLC; VIENNESE CROSS; OPEN FINISH; REVERSE FALLAWAY CHECKED &;**

- 9 - Fwd & across L DRW outsd ptr to SDCR checking, rec R trng LF, cont LF trn sd & fwd L to SCP DLC;
- 123& 10 - Thru R, fwd L comm LF trn, fwd & sd R cont LF trn/cont trng LF XLIF of R (cl R to L) to end CP DRC;
- 11 - Cont LF trn bk R LOD, trng LF sd & fwd L toe pointing DLW, fwd R outsd ptr to BJO DLW;
- 12 - Fwd L comm LF trn, cont LF trn sd & bk R w/R sd leading, bk L DLW well under body to SCP DRC but sway  
twd DRC against this step;

### **13-16 SWIVEL LADY TO DEVELOPE; SYNC WHEEL 5 M CHECK; BACK HOVER TO SEMI DLC; SLOW SIDE LOCK;**

- 13 - Lead W to trn L losing sway, slight LF upper body trn, & sway slightly to R to look twd but over W (swvl LF on  
R to fc DLW/raise L knee toe pting down to floor, extend L leg to kick fwd outsd ptr, lower L) now BJO DRC;
- 12&3& 14 - Fwd R comm 1 ¼ CW RF wheel fwd L/R, L/R checking to fc DLC or near (fwd L, fwd R/L, R/L);
- 15 - Bk L, bk & sd R rising blending to CP DLW, sd & fwd L to SCP DLC;
- 16 - Thru R, fwd & sd L comm LF trn leading W to swing in front, cont trng LF lk RIB of L (lk LIF of R) to CP DLC;

## PART B

### **1 - 4 DRAG HESITATION; OUTSIDE SPIN & TWIST; TO BANJO DLW; CURVED FEATHER;**

- 12- 1 - Fwd L DLC comm LF trn, fwd & sd R cont LF trn, cont to slightly rotate LF drawing L to R to BJO DRC;
- 2 - Using strong RF rotation small bk L toe turned in, fwd R around W heel lead rising to toe cont RF trn, cont  
RF trn bk & slightly sd L (fwd R around M, cl L to R for toe spin, fwd R between M's feet) to CP RLOD;
- 23 3 - XRIB of L to fc DRC/twist turn to R mainly on the balls of feet, to end w/weight on R, fwd & sd L (fwd L DLW  
(&123) L (fwd L DLW/fwd R, L around M brush R to L, bk & sd R) to BJO DLW;
- 4 - Fwd R outside ptr comm RF trn, fwd L twd WALL, cont RF trn fwd R outsd ptr to BJO DRW;

**PART B (Con't)****5 - 8 PIVOT TO A HAIRPIN; BACK RIGHT TIPPLE CHASSE PIVOT; BACK PASSING CHANGE; BOX FINISH DLW;**

- 12&3 5 - Bk L LOD toeing in and pivot ½ RF, fwd R between W's feet cont RF trn/fwd L twd WALL cont RF trn, cont RF trn fwd R outside ptr (fwd R LOD outside ptr pivot ½ RF to CP, bk L LOD cont RF trn/bk R twd DLW, cont RF trn bk L DRW) to BJO almost RLOD;
- 12&3 6 - Bk L LOD cont RF trn to CP, w/slight R sway cont RF trn sd R toe pointing DLC/cl L to R then lose sway, cont slight RF trn fwd R LOD between W's feet and pivot 3/8 RF to CP DRW;
- 7 - Bk L, bk R w/R sd stretch to open W's head, bk L (fwd R outsd ptr) to BJO DRW;
- 8 - Bk R comm LF trn, sd & fwd L cont LF trn, cl R to L to CP DLW;

**PART C****1 - 4 HOVER; RUNNING FEATHER & TUMBLE; BACK TURN L & CHASSE TO SEMI; SLOW LILT PIVOT TO CLOSED LINE & QUICK BACK TO;**

- 1 - Fwd L DLW, sd & slightly fwd R cont rising brush L twd R, sd & fwd L to SCP DLC;
- 1&23 2 - Thru R/fwd L stay low lead W to trn LF, fwd R outsd ptr rising stretching R sd (head to R) & rotating LF, small fwd L toe pting almost COH (bk & sd R) softening L knee w/LF swvl to CP DRC;
- 12&3 3 - Bk R LOD comm LF trn, sd & fwd L cont LF trn pointing L toe DLW/cl R to L, sd & fwd L to SCP LOD;
- 1-3& 4 - Fwd R heel lead comm slight LF trn rising to toe, cont LF rotation stretching R sd & trng W square, fwd L toe pointing to LOD checking/bk R comm LF trn (fwd L heel lead comm LF trn rising to toe, keeping head to R cont to rise allowing M to trn you to CP, bk R head still to R/fwd L);

**5 - 8 THROWAWAY OVERSWAY IN 6;; LINK TO SEMI DRW; CHAIR & SLIP DLW;**

- 1-- 5 - Trng LF sd & bk L toe pting DRC to brief SCP RLOD, using hips to trn W LF to CP LOD, then softening in L knee (sd & fwd R, allow M to swvl you LF on R ft to CP, collect L foot next to R foot & start to soften in R knee);
- 6 - Develop the throwaway oversway by trng slightly LF and extend line over measure by bringing R sd thru to W leaving R ft bk to LOD (keeping L toe on floor extend L ft bk towards RLOD trng head well to L);
- 23 7 - Rise on L ft collecting W to CP DRC, stretching L sd cont rising on L keeping W's head to L & cl R to L on toes, at the very last moment correct sway sd & fwd L to SCP DRW;
- 8 - Lower in L knee lunge fwd R w/fwd poise, bk L comm LF trn rise thru body trng W square, bk R to CP DLW;

**PART A****PART B****PART C****ENDING****1 - 4 HOVER TELEMARK TO BJO; NATURAL PREP FACE CENTER; SLOW SAME FOOT LUNGE; & SLOW CHANGE SWAY;**

- 1 - Fwd L DLW, fwd R between W's feet, leading w/L sd fwd & slightly sd L to BJO DLW;
- 12- 2 - Fwd R outside ptr comm RF trn, fwd & sd L cont RF trn to fc COH, w/L sd leading touch R to L (bk L comm (123) RF trn, cl R to L heel turn, swiveling RF on R small sd & bk L in prep pos head open to R looking RLOD);
- 1-- 3 - Lower on L with slight L sway/reach sd R toe pting DLC, cont to transfer all weight to R w/soft knee, stretch upward & sway R (XRIB of L well underneath body, keeping wgt off heel, allow M to turn your head well to L);
- 4 - Using the whole meas slowly change sway by turning body slightly RF from L hip stretching R sd to open W's head to R M's head to L;

**NOTE:** Timing is standard 123 unless noted on side by the measure and refers to actual weight changes.