



Reality

Lost Frequencies ft. Janieck Devy

Level: Easy-Intermediate



Choreography: Michael Becker

Duration: 2:38
BPM: 122

Sequence as follows

Intro

Wait 16 B Smile & look nice & start with the left foot :-)

Part A

Stomp Omi	STO DS (xib)	R H(ots)	R(xib)	S(xif)
	L R	L R	R	L
	R L	R L	L	R
	1 &2	& 3	&	4

2 Basics

Repeat all above with opposite footwork

Part B

Rocking Chair	DS BR UP/H DS RS	
	L R R L R LR	
	R L L R L RL	
	&1 & 2 &3 &4	
Rock Brush & Basic turn 1/4R	RS BR UP/H DS RS	turn 1/4R on DS RS
	LR L L R L RL	turn 1/4R on DS RS
	RL R R L R LR	
	&1 & 2 &3 &4	
Cotton Kick	KK UP(xif)/H KK UP(unx)/H DS RS	
	R R L R R L R LR	
	L L R L L R L RL	
	& 1 & 2 &3 &4	
Pump Touch	DS KK UP/H TCH(xif) UP/H TCH(if) UP/H	
	L R R L R R L R R L	
	R L L R L L R L L R	
	&1 & 2 & 3 & 4	

Repeat all above 4x with alternating footwork

Repeat Part A
Repeat Part A
Repeat Part B

Brk

Grape Vine	S(ots) S(xib) S(ots) TCH	
	L R L R	
	R L R L	
	1 2 3 4	
2 Step Touch turn 1/4R	S(ots) Tch S(ots) Tch	turn 1/4R
	L R R L	
	R L L R	
	1 2 3 4	

Repeat all above 4x with alternating footwork

Repeat Part A
Repeat Part B

Outro

4 Slur Basic turn 1/4R	DS SLR S(xib) DS RS	
	L R R L RL	turn 1/4R on DS RS
	R L L R LR	turn 1/4R on DS RS
	&1 & 2 &3 &4	