

MY HEART IS LOST TO YOU

LINEDANCE.COM

Count: 32

Wall: 2

Level: intermediate

Choreographer: Bill Larson

Music: My Heart Is Lost To You by Brooks & Dunn

STEP TURN / KICK COASTER CROSS, SIDE ROCK CROSS SHUFFLE

- 1-2 Step left forward, turning $\frac{1}{2}$ right kick right foot forward (facing 6:00)
- 3&4 Step right foot back, step left beside right, cross right over left
- 5-6 Step left to left side, recover weight onto right
- 7&8 Cross shuffle to right: stepping left right left

TURN TURN CROSS SHUFFLE, SIDE ROCK SAILOR STEP

- 1 Turning $\frac{1}{4}$ turn left, step back on right
- 2 Turning $\frac{1}{4}$ turn left, step left to side
- 3&4 Cross shuffle to left: stepping right left right
- 5-6 Step left to left side, recover weight onto right
- 7&8 Step left behind right, step right to right side, rock weight onto left

FORWARD ROCK FULL TURN TRIPLE STEP, FORWARD ROCK ROLL BACK

- 1-2 Step right forward, recover weight onto left
- 3&4 Turning a full turn right, triple step right left right
- 5-6 Step left forward, recover weight onto right
- 7-8 Rolling back a full turn left, step left right (facing 12:00)

BACK ROCK SHUFFLE FORWARD, TURN SHUFFLE BACK, BACK ROCK

- 1-2 Step left foot back, recover weight forward onto right
- 3&4 Shuffle forward: left right left (facing 12:00)
- 5&6 Turning $\frac{1}{2}$ left shuffle backward: right left right
- 7-8 Step left foot back, recover weight forward onto right (6:00)

REPEAT

RESTART

On wall 4 facing back wall and on wall 8 facing front wall, dance the first 12 counts, then restart dance after "cross shuffle to left: stepping right left right"

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=31602