

My Heart

Count: 0

Wand: 2

Ebene: Intermediate

Choreograf/in: Minna Liljamo (FIN)

Musik: My Heart Is Lost to You - Brooks & Dunn



Sequence: A, A, B, A, A, B, A, B, A

PART A

ROCK STEP, BACK, HOLD, SHUFFLE BACK, HOLD

1-4 Rock right forward, recover weight on left, step right back, hold

5-8 Step left back, step right beside left, step left back, hold

TRIPLE STEP TURNING 1 ½ RIGHT, RUMBA BOX

1-4 Triple step right-left-right in place turning 1 ½ to the right

Optionally you can turn triple step only ½ to the right

5-8 Step left side, step right beside left, step left forward, hold

WEAVE TO THE RIGHT, HOLD

1-8 Step right side, step left behind right, step right side, step left across right, step right side, step left beside right, step right across left, hold

TURN ¼, TURN ½, ¼ PIVOT, FULL UNWIND

1-2 Turn ¼ to the right and step left back, turn ½ to the right and step right forward

3-4 Step left forward, pivot ¼ turn to the right

5-8 Step left across right, turn full unwind to the right

PART B

ROCK STEP, BACK, SHUFFLE TURN ½, ¼ PIVOT, CROSS SHUFFLE

1-3 Rock right forward, recover weight on left, step right back

4&5 Shuffle left-right-left back turning ½ to the left

6-7 Step right forward, pivot ¼ turn to the left

8&1 Shuffle right-left-right across left

ROCK SIDE, LOCK SHUFFLE FORWARD, ROCK SIDE, SAILOR TURN ¼

2-3 Rock left side, recover weight on right

4&5 Lock shuffle forward left-right-left

6-7 Rock right side, recover weight on left

8&1 Step right behind left, step left side, turn ¼ to the right and step right forward

ROCK STEP, SHUFFLE TURN ½, ¼ PIVOT, CROSS SHUFFLE

2-3 Rock left forward, recover weight on right

4&5 Shuffle left-right-left back turning ½ to the left

6-7 Step right forward, pivot ¼ turn to the left

8&1 Shuffle right-left-right across left

ROCK SIDE, LOCK SHUFFLE FORWARD, ROCK SIDE, SAILOR TURN ¼

2-3 Rock left side, recover weight on right

4&5 Lock shuffle forward left-right-left

6-7 Rock right side, recover weight on left

8&1 Step right behind left, step left side, turn ¼ to the right and step right forward

ROCK STEP, SHUFFLE TURN ½, ½ PIVOT, LOCK SHUFFLE FORWARD

2-3 Rock left forward, recover weight on right
4&5 Shuffle left-right-left back turning $\frac{1}{2}$ to the left
6-7 Step right forward, pivot $\frac{1}{2}$ turn to the left
8&1 Lock shuffle forward right-left-right

STEP ACROSS, FULL UNWIND

2-4 Step left across right, turn full unwind to the right

REPEAT
