

# Lost and Broken Hearted

**COPPER** **KNOB**  
BY STEPHENETS

Count: 64

Wall: 4

Level: Easy Intermediate

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

Music: Through - Fancy Hagood



**\*\*2 Restarts:**

**#16 Count Intro - Start on Vocals**

## Section 1 - 1-8 - R Lock, Scuff, Step Touch, Back Kick

1-4 R Lock Fwd - Step R fwd, Lock Step L Behind R, Step R Fwd, Scuff L beside R  
5-8 Step L Fwd, Tap R toe Behind L foot, Step Back R, Low Kick L fwd.

## Section 2 - 9-16 - L Back Lock, Slow Coaster Back, Step Fwd

1-4 L Lock Back - Step L back, Lock Step R across in front of L, Step L Back, Low Kick R Fwd  
5-8 Slow R Coaster Back - Step R back, Step L Beside R, Step R Fwd, Step L Fwd

## Section 3 - 17-24 - ¼ Monterey, Slow Coaster Back, Step Fwd

1-4 ¼ Turn R Monterey - Touch R toe to R side, Bring R beside L as you turn ¼ R, Touch L toe to L side, Step L beside R - (3:00)  
5-8 Slow R Coaster Back - Step R back, Step L beside R, Step R Fwd, Step L Fwd

**\*\*Restart - During Wall 2 (Restart to 12:00 wall), Restart During Wall 5 (restart to 9:00 wall)**

## Section 4 - 25-32 - Modified Vee Step

1-4 Step R fwd at 45deg, Hold 1 count, Step L out at 45deg, Hold 1 Count  
5-8 Step R back to Centre, Step L Back to Centre, Step R fwd at 45deg, Step L fwd at 45deg

## Section 5 - 33-40 - Toe Points, Side Rock, Kick Cross

1-2 Touch R toe fwd with R heel twisted/pointed in, step R slightly fwd  
3-5 Touch L toe fwd with L heel twisted/pointed in, step L slightly fwd  
5-8 Step R to R side, Rock weight onto L, Low Kick R across in front of L, Step R across L

## Section 6 - 41-48 - Side Rock, Toe Drop, Vine R ¼ Turn R

1-2 Step L to L side, Rock weight onto R  
3-4 Touch L toe across R, Drop L Heel  
5-8 Vine R, 1/4 turn R - Step R to R side, Step L across behind R, Turning ¼ R Step R fwd, Scuff L beside R - (6:00) \*\* OPTIONAL: Rolling 1&¼ turn R Vine R Scuff.

## Section 7 - 49-56 - Step Hook, Back Kick, ¼ Turn R Slow Coaster

1-2 Step L fwd, Hook R foot behind L (keep it low)  
3-4 Step Back R, Low kick L Fwd  
5-8 Slow L Coaster ¼ Turn R - Step L Back, Turn ¼ Turn R Step Beside L, Step L fwd, Scuff R beside L - (9:00)

## Section 8 - 57-67 - Side Toe Drop, Rock back, Side Toe Drop, Rock back

1-2 Touch R toe to R side, Drop R heel  
3-4 Step L Back behind R, Rock Weight fwd onto R  
5-6 Touch L toe to L side, Drop L Heel  
7-8 Step R back behind L, Rock weight fwd onto L

**END OF DANCE - START NEW WALL - COUNTER CLOCKWISE DIRECTION**

**\*\*Restart - During Wall 2 (Restart to 12:00 wall), Restart During Wall 5 (restart to 9:00 wall)**

Email: [dance@jbtalbot.com](mailto:dance@jbtalbot.com) Website: [www.jbtalbot.com](http://www.jbtalbot.com)  
Email: [trentduncan\\_@outlook.com](mailto:trentduncan_@outlook.com) Website: [www.tropicalboots.net](http://www.tropicalboots.net)  
Video Teach and Demo available on Youtube @TropicalBoots

Last Update: 8 Oct 2024

---