

Lost At Heart

Count: 32

Wall: 2

Level: Intermediate

Choreographer: Jan Wyllie (AUS)

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



ROCK RETURN, COASTER CROSS, SIDE ROCK RETURN & SIDE ROCK RETURN

- 1-2 Rock/step forward on left, rock back on right
- 3&4 Step back on left, step right beside left, step left across right (coaster cross)
- 5-6 Side/rock right to right, rock/return weight sideways onto left
- & Step right beside left
- 7-8 Side/rock left to left, rock/return weight sideways onto right

¼ BOX SHUFFLE, STEP ACROSS SIDE ROCK RETURN, CROSS ROCK RETURN

- 9-10 Step left across right, step back on right
- 11&12 Making ¼ left side shuffle to the left left, right, left
- 13&14 Step right across left, rock/step left to left, rock/return weight sideways onto right
- 15-16 Cross/rock left over right, rock back on right

¼ ROCK RETURN, FULL TURN BACK, ½ SHUFFLE, ROCK RETURN

- 17-18 Making ¼ left rock/step forward on left, rock back on right
- 19-20 Turning back over your left shoulder make a full turn left stepping left, right
- 21&22 Making ½ turn left shuffle forward left, right, left (now facing front)
- 23-24 Rock/step forward on right, rock back on left

STEP BACK DRAG, STEP BACK DRAG, COASTER STEP, STEP PIVOT ½

- 25-26 Step back on right slightly on the right diagonal, drag left heel to right (weight on right)
- 27-28 Step back on left slightly on the left diagonal, drag right heel to left (weight on left)
- 29&30 Step back on right, step left beside right, step forward on right
- 31-32 Step forward on left, pivot ½ right transferring weight to right

REPEAT

TAG

At the end of wall 3 and at the end of wall 6 add the following:

4 COUNT ROCKING CHAIR, 2 X ½ PIVOTS, STEP STOMP/CLAP, STEP STOMP/CLAP

- 1-4 Rock/step forward on left, rock back on right, rock back on left, rock forward on right
- 5-6 Step forward on left, pivot ½ right transferring weight to right
- 7-8 Step forward on left, pivot ½ right transferring weight to right
- 9-10 Step forward on left, stomp right beside left and clap
- 11-12 Step forward on right, stomp left beside right and clap