

# My Heart

**COPPER KNOB**  
BY STEPHEN METZ

Count: 0

Wall: 2

Level: Intermediate

Choreographer: Minna Liljamo (FIN)

Music: 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**

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