

My Heart

Count: 32

Wall: 4

Level: Improver

Choreographer: Sandie Fraser & Lorraine Fraser

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



ROCK FORWARD, BACK, RIGHT SHUFFLE BACK, ROCK BACK, FORWARD, LEFT SHUFFLE FORWARD

- 1-2 Rock forward on right, step back on left
- 3&4 Shuffle back on a right, left, right
- 5-6 Rock back on left, step forward on right
- 7&8 Shuffle forward on a left, right, left

RIGHT CROSS ROCK, RECOVER, RIGHT CHASSE

- 9-10 Cross rock right over left, recover on to left
- 11&12 Step right to right side, close left next to right, step right to right side

CROSS & UNWIND, FULL TURN RIGHT, LEFT CHASSE

- 13-14 Cross left over right, unwind full turn right
- 15&16 Step left to left side, close right next to left, step left to left side

CROSS & UNWIND, ¾ TURN LEFT, FORWARD RIGHT SHUFFLE

- 17-18 Cross right over left, unwind ¾ turn left
- 19&20 Step forward, right, left, right

ROCK FORWARD, RECOVER, LEFT COASTER STEP

- 21-22 Rock forward on left, recover weight back on right
- 23&24 Step back on left, step right next to left, step forward on left

RIGHT SIDE ROCK, RECOVER, TRIPLE STEP IN PLACE

- 25-26 Rock right to right side, recover weight on left
- 27&28 Triple step in place on a right, left, right

LEFT SIDE ROCK, RECOVER, TRIPLE ½ TURN LEFT

- 29-30 Rock left to left side, recover weight on right
- 31&32 Triple step ½ left, on a left, right, left

REPEAT

TAG

At the end of the 3rd wall and 6th wall

RIGHT SIDE ROCK, RECOVER, TRIPLE IN PLACE, LEFT SIDE ROCK, RECOVER, TRIPLE IN PLACE

- 1-2 Rock right to right side, recover weight on left
- 3-4 Triple step in place, on a right, left, right
- 5-6 Rock left to left side, recover weight on right
- 7-8 Triple step in place, on a left, right, left

ROCK FORWARD, ROCK BACK

- 9-10 Rock forward on right, recover weight back on left
 - 11-12 Rock back on right, recover weight forward on left
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