

Lost Heart

Compte: 64

Mur: 4

Niveau: Improver

Chorégraphe: Nancy Bruce (USA)

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



STEP TOUCH, STEP TOUCH, SIDE TOGETHER, SIDE TOGETHER

- 1-2 Step diagonally forward with right, touch left beside right
- 3-4 Step diagonally back with left, touch right beside left
- 5-6 Step right to right side, touch left next to right
- 7-8 Step right to right side, touch left next to right

STEP TOUCH, STEP TOUCH, SIDE TOGETHER, SIDE TOGETHER

- 9-10 Step diagonally forward with left, touch right beside left
- 11-12 Step diagonally back with right, touch left next to right
- 13-14 Step left to left side, touch right next to left
- 15-16 Step left to left side, touch right next to left

STEP TAP, STEP TOUCH, STEP TAP, STEP TOUCH

- 17-18 Step forward with right, tap left toe behind the right heel
- 19-20 Step back with left, touch right next to left
- 21-22 Step back with right, tap left toe across right
- 23-24 Step up with left, touch right next to left

RIGHT VINE WITH A TOUCH, ROCK FORWARD, ROCK BACK

- 25-28 Step right to right side, step left behind right, step right to right side, touch left next to right
- 29-32 Rock forward on left, recover right, rock back on left, recover right

LEFT VINE WITH A TOUCH, ROCK FORWARD, ROCK BACK

- 33-36 Step left to left side, step right behind left, step left to left side, touch right next to left
- 37-40 Rock forward on right, recover left, rock back on right, recover left

SHUFFLE FORWARD, ROCK, SHUFFLE BACK, ROCK

- 41&42 Shuffle forward right, left, right
- 43-44 Rock forward on left, recover right
- 45&46 Shuffle back left, right, left
- 47-48 Rock back on right, recover left

SHUFFLE, SHUFFLE, STEP TOUCH, STEP TOUCH

- 49&50 Shuffle forward right, left, right
- 51&52 Shuffle forward left, right, left
- 53-54 Step forward with right, touch left next to right
- 59-60 Step forward with left, touch right next to left

HIP BUMPS, 1/8 TURN, 1/8 TURN

- 57-58 Bump hips to the right twice
- 59-60 Bump hips to the left twice
- 61-62 Step out with right turn 1/8 turn to left
- 63-64 Step out with right turn 1/8 turn to left

REPEAT

Continue dancing until the last note of music and replace the two 1/8 turns with hip rolls to end the dance facing the front wall.

