

# My Heart Is Lost To You

**COPPER** **KNOB**  
BY SHEETS

Compte: 0

Mur: 2

Niveau: Intermediate

Chorégraphe: Sunday Murch (USA)

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



Sequence: AB, AB

## PART A

### ROCK FRONT RIGHT, TURNING CHA-CHA ½, PIVOT, CHA-CHA TO FACE FRONT

- 1-2 Rock right front, recover left
- 3&4 Turning ½ to right cha-cha-cha
- 5-6 Step left pivot turning to right
- 7&8 Cha-cha-cha to face front

### SHUFFLE TO SIDE RIGHT, ROCK CROSS LEFT, TURNING SHUFFLE TO LEFT, PIVOT TO FACE FRONT

- 1&2 Shuffle to right side (right-left-right)
- 3-4 Rock cross with left, recover right
- 5&6 Shuffle turning ½ to left side (left-right-left)
- 7-8 Pivot stepping right, turning left to face front

### 3 COUNT MAMBO 2X, LUNGE RIGHT HOLD

- 1-2-3 Rock side right, recover left, cross right over left
- 4-5-6 Rock side left, recover right, rock left over right
- 7-8 Lunge right to side, hold on 8

### LUNGE LEFT HOLD, MONETARY TURN

- 1-2 Lunge left hold
- 3-4 Switch left to side, pull it in and turn ½ to right side
- 5-6 Left to side, pull it in put weight on left
- 7-8 Right to side, pull it in and turn ½ to right

### GRAPEVINE, STEP RIGHT, SWAY HIPS RIGHT, STEP LEFT, SWAY HIPS LEFT

- 1-4 Step left to side, right behind, left to side, tap right next to left
- 5-6 Step right to side, sway hips to right side
- 7-8 Step left to side, sway hips to left side

### STRUT RIGHT OVER LEFT, LEFT TO SIDE, ROCK BACK RIGHT, SHUFFLE TO RIGHT

- 1-2 Step right across left, toe-1, heel-2
- 3-4 Left step to side left, toe-3, heel-4
- 5-6 Rock back right, recover left
- 7&8 Shuffle to right (right-left-right)

### STRUT LEFT OVER RIGHT, RIGHT TO SIDE, ROCK BACK LEFT, SHUFFLE TO LEFT

- 1-2 Step left across right, toe-1, heel-2
- 3-4 Right step to side right, toe-3, heel-4
- 5-6 Rock back left, recover right
- 7&8 Shuffle to left (left-right-left)

### STEP RIGHT ¼ PIVOT, ¼ PIVOT, BOX

- 1-2 Step right ¼ pivot to left
- 3-4 Step right ¼ pivot to left

5-8 Cross right over left, step back left, step right to side, recover left

## **PART B**

### **ROCK FRONT RIGHT, TURNING CHA-CHA ½, PIVOT, CHA-CHA TO FACE FRONT**

1-2 Rock right front, recover left  
3&4 Turning ½ to right cha-cha-cha  
5-6 Step left pivot turning to right  
7&8 Cha-cha-cha to face front

### **SHUFFLE TO SIDE RIGHT, ROCK CROSS LEFT, TURNING SHUFFLE TO LEFT, PIVOT TO FACE FRONT**

1&2 Shuffle to right side (right-left-right)  
3-4 Rock cross with left, recover right  
5&6 Shuffle turning ½ to left side (left-right-left)  
7-8 Pivot stepping right, turning left to face front

### **3 COUNT MAMBO 2X, LUNGE RIGHT HOLD**

1-2-3 Rock side right, recover left, cross right over left  
4-5-6 Rock side left, recover right, rock left over right  
7-8 Lunge right to side, hold on 8

### **LUNGE LEFT HOLD, MONETARY TURN**

1-2 Lunge left hold  
3-4 Switch left to side, pull it in and turn ½ to right side  
5-6 Left to side, pull it in put weight on left  
7-8 Right to side, pull it in and turn ½ to right

### **GRAPEVINE, STEP RIGHT, SWAY HIPS RIGHT, STEP LEFT, SWAY HIPS LEFT STEP RIGHT, SWAY HIPS RIGHT, STEP LEFT, SWAY HIPS LEFT**

1-4 Step left to side, right behind, left to side, tap right next to left  
5-6 Step right to side, sway hips to right side  
7-8 Step left to side, sway hips to left side  
9-10 Step right to side, sway hips to right side  
11-12 Step left to side, sway hips to left side

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