

My Heart Is Lost To You

COPPER KNOB
STEPPERS

拍數: 32 牆數: 2 級數: Easy Intermediate
編舞者: Bill Larson (AUS) - August 2016
音樂: My Heart Is Lost to You - Brooks & Dunn : (CD: Great Hits Collection)



Weight on Right, Start 32 counts in on vocals (18 seconds) V2 28.8.16 - Turning CCW

S1. □□ Step Turn/ Kick, Coaster Step, Side Recover Cross Shuffle

1,2 Step forward on L, turning 1/2 R Kick R forward (6:00)
3&4 Step back on R, Step L beside R, Step R forward
5,6 Step L to side, Recover weight onto R
7&8 Cross shuffle to right: Stepping L, R, L

S2. □□ 1/4 L, 1/4 L, Cross Shuffle, Side Recover Sailor Step

1,2 turning 1/4 L Step back on R (3:00), turning 1/4 L Step L to side (12:00)
3&4 Cross shuffle to left: Stepping R, L, R

**** □□ Restart here on Walls 4 & 8 (12 counts)

5,6 Step L to Side, Recover weight onto R
7,8 Step L behind R, Step R to side, Recover weight back onto L

S3. □□ Forward Recover Coaster Step, Forward Recover, Roll Back Full Turn

1,2 Step forward onto R, Recover weight back onto L
3&4 Step back on R, Step L beside R, Step R forward
5,6 Step forward onto L, Recover weight back onto R
7&8 turning 1/2 L Step forward on L (6:00), turning 1/2 L Step back on R (12:00)

S4. □□ Step Back Recover, Shuffle Forward, Turning Shuffle, Back Recover

1,2 Step back on L, Recover weight onto R
3&4 Shuffle forward: Stepping L, R, L
5,6 turning 1/2 L Shuffle back: Stepping R, L, R (6:00)
7,8 Step back on L, Recover weight onto R

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