

Lost At Heart

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Jan Wyllie (AUS)
音樂: My Heart Is Lost to You - Brooks & Dunn



ROCK RETURN, COASTER CROSS, SIDE ROCK RETURN & SIDE ROCK RETURN

1-2 Rock/step forward on left, rock back on right
3&4 Step back on left, step right beside left, step left across right (coaster cross)
5-6 Side/rock right to right, rock/return weight sideways onto left
& Step right beside left
7-8 Side/rock left to left, rock/return weight sideways onto right

¼ BOX SHUFFLE, STEP ACROSS SIDE ROCK RETURN, CROSS ROCK RETURN

9-10 Step left across right, step back on right
11&12 Making ¼ left side shuffle to the left left, right, left
13&14 Step right across left, rock/step left to left, rock/return weight sideways onto right
15-16 Cross/rock left over right, rock back on right

¼ ROCK RETURN, FULL TURN BACK, ½ SHUFFLE, ROCK RETURN

17-18 Making ¼ left rock/step forward on left, rock back on right
19-20 Turning back over your left shoulder make a full turn left stepping left, right
21&22 Making ½ turn left shuffle forward left, right, left (now facing front)
23-24 Rock/step forward on right, rock back on left

STEP BACK DRAG, STEP BACK DRAG, COASTER STEP, STEP PIVOT ½

25-26 Step back on right slightly on the right diagonal, drag left heel to right (weight on right)
27-28 Step back on left slightly on the left diagonal, drag right heel to left (weight on left)
29&30 Step back on right, step left beside right, step forward on right
31-32 Step forward on left, pivot ½ right transferring weight to right

REPEAT

TAG

At the end of wall 3 and at the end of wall 6 add the following:

4 COUNT ROCKING CHAIR, 2 X ½ PIVOTS, STEP STOMP/CLAP, STEP STOMP/CLAP

1-4 Rock/step forward on left, rock back on right, rock back on left, rock forward on right
5-6 Step forward on left, pivot ½ right transferring weight to right
7-8 Step forward on left, pivot ½ right transferring weight to right
9-10 Step forward on left, stomp right beside left and clap
11-12 Step forward on right, stomp left beside right and clap