

# 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