

# Lost Heart

**COPPER KNOB**  
STEPPERS

拍數: 64      牆數: 4      級數: Improver  
編舞者: Nancy Bruce (USA)  
音樂: 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.

