

# Lost Heart

**COPPER KNOB**  
STEPSHEETS

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.

