

My Heart Is Lost To You

COPPER KNOB
STEPSHEETS

拍數: 0 牆數: 2 級數: Intermediate
編舞者: Sunday Murch (USA)
音樂: My Heart Is Lost to You - Brooks & Dunn



Sequence: AB, AB

PART A

ROCK FRONT RIGHT, TURNING CHA-CHA ½, PIVOT, CHA-CHA TO FACE FRONT

1-2 Rock right front, recover left
3&4 Turning ½ to right cha-cha-cha
5-6 Step left pivot turning to right
7&8 Cha-cha-cha to face front

SHUFFLE TO SIDE RIGHT, ROCK CROSS LEFT, TURNING SHUFFLE TO LEFT, PIVOT TO FACE FRONT

1&2 Shuffle to right side (right-left-right)
3-4 Rock cross with left, recover right
5&6 Shuffle turning ½ to left side (left-right-left)
7-8 Pivot stepping right, turning left to face front

3 COUNT MAMBO 2X, LUNGE RIGHT HOLD

1-2-3 Rock side right, recover left, cross right over left
4-5-6 Rock side left, recover right, rock left over right
7-8 Lunge right to side, hold on 8

LUNGE LEFT HOLD, MONETARY TURN

1-2 Lunge left hold
3-4 Switch left to side, pull it in and turn ½ to right side
5-6 Left to side, pull it in put weight on left
7-8 Right to side, pull it in and turn ½ to right

GRAPEVINE, STEP RIGHT, SWAY HIPS RIGHT, STEP LEFT, SWAY HIPS LEFT

1-4 Step left to side, right behind, left to side, tap right next to left
5-6 Step right to side, sway hips to right side
7-8 Step left to side, sway hips to left side

STRUT RIGHT OVER LEFT, LEFT TO SIDE, ROCK BACK RIGHT, SHUFFLE TO RIGHT

1-2 Step right across left, toe-1, heel-2
3-4 Left step to side left, toe-3, heel-4
5-6 Rock back right, recover left
7&8 Shuffle to right (right-left-right)

STRUT LEFT OVER RIGHT, RIGHT TO SIDE, ROCK BACK LEFT, SHUFFLE TO LEFT

1-2 Step left across right, toe-1, heel-2
3-4 Right step to side right, toe-3, heel-4
5-6 Rock back left, recover right
7&8 Shuffle to left (left-right-left)

STEP RIGHT ¼ PIVOT, ¼ PIVOT, BOX

1-2 Step right ¼ pivot to left
3-4 Step right ¼ pivot to left

5-8 Cross right over left, step back left, step right to side, recover left

PART B

ROCK FRONT RIGHT, TURNING CHA-CHA ½, PIVOT, CHA-CHA TO FACE FRONT

1-2 Rock right front, recover left
3&4 Turning ½ to right cha-cha-cha
5-6 Step left pivot turning to right
7&8 Cha-cha-cha to face front

SHUFFLE TO SIDE RIGHT, ROCK CROSS LEFT, TURNING SHUFFLE TO LEFT, PIVOT TO FACE FRONT

1&2 Shuffle to right side (right-left-right)
3-4 Rock cross with left, recover right
5&6 Shuffle turning ½ to left side (left-right-left)
7-8 Pivot stepping right, turning left to face front

3 COUNT MAMBO 2X, LUNGE RIGHT HOLD

1-2-3 Rock side right, recover left, cross right over left
4-5-6 Rock side left, recover right, rock left over right
7-8 Lunge right to side, hold on 8

LUNGE LEFT HOLD, MONETARY TURN

1-2 Lunge left hold
3-4 Switch left to side, pull it in and turn ½ to right side
5-6 Left to side, pull it in put weight on left
7-8 Right to side, pull it in and turn ½ to right

GRAPEVINE, STEP RIGHT, SWAY HIPS RIGHT, STEP LEFT, SWAY HIPS LEFT STEP RIGHT, SWAY HIPS RIGHT, STEP LEFT, SWAY HIPS LEFT

1-4 Step left to side, right behind, left to side, tap right next to left
5-6 Step right to side, sway hips to right side
7-8 Step left to side, sway hips to left side
9-10 Step right to side, sway hips to right side
11-12 Step left to side, sway hips to left side
