



Bill Larson

MY HEART IS LOST TO YOU

Choreographer: Bill Larson – September 2006
 Song: 'My Heart Is Lost To You' by Brooks & Dunn (126bpm)
 2 Wall 32 Count Intermediate
<http://www.youtube.com/watch?v=KfloXyFqh0w>



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Steps	Actual Footwork	Direction	Calling Suggestion
Section 1 1,2 3&4 5,6 7&8	Step Turn / Kick Coaster Cross, Side Rock Cross Shuffle Step L fwd, <i>turning 1/2 R</i> Kick R foot fwd (<i>facing 6:00</i>) Step R foot back, Step L beside R, Cross R over L Step L to L side, Recover weight onto R Cross shuffle to R: Stepping L R L	Turning R On the Spot Travel Right	Step Turn / Kick Coaster Cross Side Rock Cross Shuffle R
Section 2 1 2 3&4 5,6 7&8	Turn Turn Cross Shuffle, Side Rock Sailor Step <i>turning 1/4 turn L</i> , Step back on R <i>turning 1/4 turn L</i> , Step L to side Cross shuffle to L: Stepping R L R Step L to L side, Recover weight onto R Step L behind R, Step R to R side, Rock weight onto L	Turning L Travel Left On the Spot	Turn Turn Cross Shuffle Side Rock Sailor Step
Section 3 1,2 3&4 5,6 7,8	Forward Rock Full Turn Triple Step, Forward Rock Roll Back Step R fwd, Recover weight onto L <i>turning a full turn R</i> , Triple Step R L R Step L fwd, Recover weight onto R <i>Rolling back a full turn L</i> , Step L R (<i>facing 12:00</i>)	Forward Turning R Travel Back	Forward Rock Full Turn Right Forward Rock Full Roll Back
Section 4 1,2 3&4 5&6 7,8	Back Rock Shuffle Forward, Turn Shuffle Back, Back Rock Step L foot back, Recover weight fwd onto R Shuffle fwd: L R L (<i>facing 12:00</i>) <i>turning 1/2 L</i> Shuffle backward: R L R Step L foot back, Recover weight fwd onto R (<i>6:00</i>)	On the Spot Forward Backward On the Spot	Back Rock Shuffle Forward Shuffle Back Back Rock
Restarts: On Wall 4 On Wall 8	<i>Dance the first 12 counts, then restart dance after ... "Cross Shuffle to L: Stepping R L R"</i> - On wall 4 restart facing back wall - On wall 8 restart facing front wall ... enjoy !!! ☺		