



Bill Larson

# MY HEART IS LOST TO YOU



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Choreographer: Bill Larson  
Song: 'My Heart Is Lost To You' by Brooks & Dunn  
2 Wall 32 Count Intermediate

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