

# MY HEART IS LOST TO YOU

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**Count:** —                      **Wall:** 2                      **Level:** intermediate

**Choreographer:** Sunday Murch

**Music:** My Heart Is Lost To You by Brooks & Dunn

**Sequence:** AB, AB

## PART A

### ROCK FRONT RIGHT, TURNING CHA-CHA $\frac{1}{2}$ , PIVOT, CHA-CHA TO FACE FRONT

- 1-2            Rock right front, recover left
- 3&4           Turning  $\frac{1}{2}$  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  $\frac{1}{2}$  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  $\frac{1}{2}$  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  $\frac{1}{2}$  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 $\frac{1}{4}$ PIVOT, $\frac{1}{4}$ PIVOT, BOX**

- 1-2 Step right  $\frac{1}{4}$  pivot to left
- 3-4 Step right  $\frac{1}{4}$  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 $\frac{1}{2}$ , PIVOT, CHA-CHA TO FACE FRONT**

- 1-2 Rock right front, recover left
- 3&4 Turning  $\frac{1}{2}$  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  $\frac{1}{2}$  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  $\frac{1}{2}$  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  $\frac{1}{2}$  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