

# MY HEART

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**Count:** 32      **Wall:** 4      **Level:** beginner/intermediate

**Choreographer:** Sandie & Lorraine Fraser

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

## ROCK FORWARD, BACK, RIGHT SHUFFLE BACK, ROCK BACK, FORWARD, LEFT SHUFFLE FORWARD

**1-2**      Rock forward on right, step back on left

**3&4**      Shuffle back on a right, left, right

**5-6**      Rock back on left, step forward on right

**7&8**      Shuffle forward on a left, right, left

## RIGHT CROSS ROCK, RECOVER, RIGHT CHASSE

**9-10**      Cross rock right over left, recover on to left

**11&12**      Step right to right side, close left next to right, step right to right side

## CROSS & UNWIND, FULL TURN RIGHT, LEFT CHASSE

**13-14**      Cross left over right, unwind full turn right

**15&16**      Step left to left side, close right next to left, step left to left side

## CROSS & UNWIND, $\frac{3}{4}$ TURN LEFT, FORWARD RIGHT SHUFFLE

**17-18**      Cross right over left, unwind  $\frac{3}{4}$  turn left

**19&20**      Step forward, right, left, right

## ROCK FORWARD, RECOVER, LEFT COASTER STEP

**21-22**      Rock forward on left, recover weight back on right

**23&24**      Step back on left, step right next to left, step forward on left

## RIGHT SIDE ROCK, RECOVER, TRIPLE STEP IN PLACE

**25-26**      Rock right to right side, recover weight on left

**27&28**      Triple step in place on a right, left, right

## LEFT SIDE ROCK, RECOVER, TRIPLE $\frac{1}{2}$ TURN LEFT

**29-30**      Rock left to left side, recover weight on right

**31&32** Triple step ½ left, on a left, right, left

**REPEAT**

**TAG**

**At the end of the 3rd wall and 6th wall**

**RIGHT SIDE ROCK, RECOVER, TRIPLE IN PLACE, LEFT SIDE ROCK, RECOVER, TRIPLE IN PLACE**

**1-2** Rock right to right side, recover weight on left

**3-4** Triple step in place, on a right, left, right

**5-6** Rock left to left side, recover weight on right

**7-8** Triple step in place, on a left, right, left

**ROCK FORWARD, ROCK BACK**

**9-10** Rock forward on right, recover weight back on left

**11-12** Rock back on right, recover weight forward on left