

Lost My Heartbreak

COPPER KNOB
STEPSHEETS

Count: 32

Wall: 2

Level: Beginner

Choreographer: Patrizia Menga (IT) - September 2021

Music: Lost My Heartbreak - David J



#1 sequence : POINT RIGHT FORWARD, HEEL RIGHT DOWN, STEP LEFT FORWARD, RECOVER LEFT, STEP LEFT BACK, STEP RIGHT BACK, LEFT COASTER STEP.

- 1&2 Step with point right forward and heel right down.
- 3&4 Step left forward, recover left.
- 5&6 Step left back, step right back.
- 7&8 Step left back, step right near left, step left forward.

#2 sequence : STEP RIGHT SIDE RIGHT, CROSS RIGHT STEP FORWARD, STEP LEFT SIDE LEFT, CROSS RIGHT BACK, OPEN LEFT SIDE LEFT, CROSS RIGHT FORWARD, OPEN LEFT SIDE LEFT, CROSS RIGHT BACK

- 1&2 Step right side right, cross right step forward.
- 3&4 Step left side left cross right back.
- 5&6 open left side left, cross right forward.
- 7&8 open left side left, cross right back.

#3 sequence : KICK BALL CROSS FOR TWO TIME, (12:00), POINT RIGHT SIDE RIGHT, HEEL RIGHT DOWN, POINT LEFT SIDE RIGHT TURN, (6:00). HEEL LEFT DOWN.

- 1&2 (12 :00) : kick right side right, step right, cross left forward
- 3&4 (12:00): kick right side right, step right, cross left forward.
- 5&6 (12 :00) : point right side right end turn (6:00), HEEL down.
- 7&8 (6:00) : point left right side, heel left down.

#4 sequence : STEP RIGHT CROSS BACK, SCUFF RIGHT FORWARD, SVIVOL RIGHT, ROCK JUMP BACK RIGHT, RECOVER LEFT.

- 1&2 (6:00) : Step right cross back.
- 3&4 (6:00) : scuff right forward, put right down.
- 5&6 (6: 00) :Put your heel right side and return.
- 7&8 (6:00) : rock right jump back, recover left.

***2 WALL,**

***3 WALL**

***TAG (16 COUNT).**

***1 sequence ROCK IN CHAR, SHUFFLE RIGHT, 2 TIME ROCK IN CHAR.**

- 1&2 Step right forward (2 count).
- 3&4 Step right back(2 Count).
- 5&6 Step right forward, step left forward near right, step right forward.
- 7&8 Step forward left (2 count).

***2 sequence :ROCK LEFT BACK, SHUFFLE FORWARD LEFT, STEP RIGHT TURN, STEP RIGHT BACK TURN, STEP LEFT CLOSE.**

- 1&2 (12:00) : rock left back (2 count).
- 3&4 (12:00) step left forward, step right forward near left, step left forward.
- 5&6. (12:00) step right forward and turn ½ (6:00).
- 7&8 (6:00) : Step right forward, turn ½ (12:00),step left close near right.

***4 WALL**

***5 WALL**

***Tag**

***6 WALL .**

***7 Wall only 16 count, all 8 count one stomp right.**
