

Lose Your Heart

Count: 32

Wall: 4

Level: Improver

Choreographer: Joe Serafini (USA)

Music: My Heart Is Lost to You - Brooks & Dunn



Dance starts on fifth count after guitar run

ROCK FORWARD, STEP BACK, HOLD, ROCK BACK, STEP FORWARD, HOLD

- 1-2 Rock forward right; recover on left
- 3-4 Step back right; hold
- 5-6 Rock back left; recover on right
- 7-8 Step forward left; hold

In keeping with the Latin beat of the music put some hips into the above steps

CROSS STEP, ½ TURN RIGHT, CROSS STEP, ½ TURN LEFT, ROCK STEP

- 9-10 Side step right; cross left over right starting ½ turn right (point left at 3:00 wall)
- 11-12 Step back right completing ½ turn right; cross left over right
- 13-14 Step back right starting ½ turn left; complete ½ turn left with left (face OLOD)
- 15-16 Rock right over left; recover on left

SIDE SHUFFLE, ROCK STEP, SIDE SHUFFLE WITH ¼ TURN, ROCK STEP

- 17&18 Side shuffle right, left, right
- 19-20 Rock left over right; recover on right
- 21&22 Side shuffle left, right, left with ¼ turn left
- 23-24 Rock right over left; recover on left

VINE RIGHT, HIP BUMPS

- 25-26 Side step right; cross left behind right
- 27-28 Side step right; touch left next to right
- 29-30 Step left diagonal with a left hip bump & clap; bump hips right
- 31-32 Bump hips left twice

REPEAT

TAG

Even though the dance can be done without the tag, the following 12 counts are danced immediately after the first two choruses (after completing dance at walls 3 and 6)

STEPS 1-8 ABOVE, ¼ TURN RIGHT, ¼ TURN LEFT

- 1-8 Dance counts 1-8 as above
- 9-10 Step ¼ turn right on right; touch left next to right
- 11-12 Step ¼ turn left on left; touch right next to left