

# 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