



Script approved by

Debbie Thompson

Lost In You



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BEGINNER	STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
	Section 1	Rock Step, Cross Shuffle, Rock Step, Cross Shuffle.		
	1 - 2	Rock right to right side. Rock left in place.	Right Rock.	On the spot
	3 & 4	Cross right over left. Step left to left. Cross right over left.	Cross & Cross.	Left
	5 - 6	Rock left to left side. Rock right in place.	Left Rock.	On the spot
7 & 8	Cross left over right. Step right to right. Cross left over right.	Cross & Cross.	Right	
Section 2	Step 1/4 Pivots Left X 2, Rock Steps, Triple 1/2 Turn Right.			
9 - 10	Step forward right. Pivot 1/4 turn left.	Step Pivot.	Turning Left	
11 - 12	Step forward right. Pivot 1/4 turn left.	Step Pivot.	Left	
13 - 14	Rock forward right. Rock back on left.	Rock Recover.	On the spot	
15 & 16	Triple step 1/2 turn right stepping Right, Left, Right.	Triple Turn.	Turning Right	
Section 3	Rock Step, Back Locks Step, Point Unwind 1/2 Right, Left Shuffle.			
17 - 18	Rock forward onto left. Rock back onto right.	Forward Rock.	On the spot	
19 & 20	Step back on left. Lock right over left. Step back on left.	Back Lock Back.	Back	
21 - 22	Point right toe back. Unwind 1/2 turn right (weight ends on right).	Point Unwind.	Turning Right	
23 & 24	Step forward on left. Close right beside left. Step forward on left.	Left Shuffle.	Forward	
Section 4	Rock Step, Triple 3/4 Turn Right, Rock Step, Coaster Cross.			
25 - 26	Rock forward onto right. Rock back onto left.	Rock Recover.	On the spot	
27 & 28	Triple 3/4 turn right stepping Right, Left, Right.	Triple Turn.	Turning Right	
29 - 30	Rock forward onto left. Rock back onto right.	Rock Recover.	On the spot	
31 & 32	Step back onto left. Close right beside left. Cross left over right.	Coaster Cross.		

4 Wall Line Dance:- 32 Counts. Beginner Level.

Choreographed by:- Debbie Thompson (UK).

Choreographed to:- 'My Heart Is Lost To You' by Brooks & Dunn from Steers & Stripes Album (146 bpm). Start dance on lyrics.