

My Heart Is Lost To You

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MUSIC: “My Heart Is Lost To You” by Brooks & Dunn, Album “Greatest Hits Collection, Vol II”, Track 5,
May be downloaded from Amazon.com, iTunes.com, or other internet sites.

FOOTWORK: Opposite unless noted (W’s footwork in parentheses)

RHYTHM: Cha/Rumba

TIME: 100% = 3:00 min. **SUGGESTED SPEED:** slowed 8% [about 41-42 RPM]

RAL PHASE: III

SEQUENCE: Intro – A – B – A – B – C – B (mod) – End **Released:** February 2012

DIFFICULTY: Easy

Intro – Cha Cha

1 – 9 Wait 2 meas;; Chase Peek-a-Boo;;; Cucaracha 2x;; Sd Draw Cls;

- 1-4 fcg ptr M fcg wall lead ft free Wait 2 meas;; Fwd L trng RF, Rec Fwd R to fc coh, Fwd L/Cls R, Fwd L M fcg coh (Bk R, Rec Fwd L, Fwd R/Cls L, Fwd R W fcg coh behind M); Sd R looking to L at ptr, Rec L, in place R/L, R (Sd L looking to R at ptr, Rec R, in place L/R, L); Sd L looking to R at ptr, Rec R, in place L/R, L (Sd R looking to L at ptr, Rec L, in place R/L, R); Fwd R trng LF, Rec Fwd L to fc wall, Fwd R/Cls L, Fwd R (Fwd L, Rec Bk R, Bk L/Cls R, Bk L);
- 5-8 Sd L, Rec R, in place L/R, L; Sd R, Rec L, in place R/L, R; Sd L, Draw R to L, Cls R, -;

Part A - Rumba

1 – 8 [Rumba] Basic;; Fence Line rlod; Underarm Trn to a ; Lariat bfly wall;; Fence Line rlod; Spot Trn lod;

- 1-4 Fwd L, Rec R, Sd L, -; Bk R, Rec L, Sd R, -; bfly X lunge thru L to rlod, Rec R, Sd L, -; XRIB leading W to trn RF under jnd lead hnds, Rec L, Sd R leading W to M’s rt sd, - (W XLIF trng RF, Rec R cont trn to fc M, Sd L, -);
- 5-8 leading the W to circle RF around M Sd L, Rec R, step in place L, - (Lady circle RF around M Fwd R, Fwd L, Fwd R, -); Sd R, Rec L, step in place R, - (cont circling M Fwd L, Fwd R, Fwd L to fc M, -); bfly X lunge thru L to rlod, Rec R, Sd L, -; XRIF trng LF (RF), Rec L cont LF trn to fc ptr, Sd R, -;

9 – 16 Half Basic; Whip to coh; New Yorker lod; Whip to wall; New Yorker rlod; Cucaracha rlod; Sd Walk 6;;

- 9-12 Fwd L, Rec R, Sd L, -; Trng LF Bk R leading W to move fwd twd coh, Rec L cont trn to fc coh, Sd R to bfly coh (Fwd L, Fwd R thrng LF to fc M, Sd L); trng RF (LF) Ck Thru L to lod, Rec R to fc ptr, Sd L, -; Trng LF Bk R leading W to move fwd twd wall, Rec L cont trn to fc wall, Sd R to bfly wall (Fwd L, Fwd R thrng LF to fc M, Sd L);
- 13-16 trng RF (LF) Ck Thru L to rlod, Rec R to fc ptr, Sd L, -; Sd R, Rec L, in place R, -; Sd L, Cls R, Sd L, -; Cls R, Sd L, Cls R, -;

Part B – Cha Cha

1 – 11 [Cha Cha] Chase;;; Brk Bk fc lod; Walk & Cha; Sliding Door 2x;; Circle Cha bfly wall;; Sd Draw Cls;

- 1-4 Fwd L trng RF, Rec Fwd R to fc coh, Fwd L/Cls R, Fwd L (Bk R, Rec Fwd L, Fwd R/Cls L, Fwd R); Fwd R trng LF, Rec Fwd L to fc wall, Fwd R/Cls L, Fwd R (Fwd L trng RF, Rec Fwd R to fc wall, Fwd L/Cls R, Fwd L); Fwd L, Rec Bk R, Bk L/Cls R, Bk L (Fwd R trng LF, Rec Fwd L to fc coh, Fwd R/Cls L, Fwd R); Bk R, Rec Fwd L, Sd R/Cls L, Sd R;
- 5-8 Trng LF (RF) Bk L, Rec Fwd R to op lod, Fwd L/Cls R, Fwd L; Fwd R, Fwd L, Fwd R/Cls L, Fwd R; Sd L, Rec R leading W to slide in front of M, XLIFR/Sd R, XLIFR (Sd R, Rec L sliding in front of M XRIFL/ Sd L, XRIFL); Sd R, Rec L leading W to slide in front of M XRIFL/ Sd L, XRIFL (Sd L, Rec R sliding in front of M, XLIFR/Sd R, XLIFR);
- 9-11 Circling LF (RF) Fwd L, Fwd R, Fwd L/Cls R, Fwd L; Fwd R, Fwd L, Fwd R/Cls L, Fwd R to bfly wall; Sd L, Draw R to L, Cls R, -;

Part C – Cha Cha

1 – 4 [Cha Cha] Trav Door 2x;; Crab Walk half to lod; Fence Line;

- 1-4 bfly wall Lunge Sd L, Rec R, XLIFR/Sd R, XLIFR (Lunge Sd R, Rec L, XRIFL/Sd L, XRIFL); Lunge Sd R, Rec L, XRIFL/Sd L, XRIFL (Lunge Sd L, Rec R, XLIFR/Sd R, XLIFR); Sd L, XRIFL, Sd L/XRIFL, Sd L (Sd R, XLIFR, Sd R/XLIFR, Sd R); bfly X lunge thru R to lod, Rec L, Sd R/Cls L, Sd R;

5-8 Crab Walks rlod;; Fence Line; Cucaracha rlod;

- 5-8 XLIFR, Sd R, XLIFR/Sd R, XLIFR (XRIFL, Sd L, XRIFL/Sd L, XRIFL); Sd R, XLIFR, Sd R/Cls L, Sd R (Sd L, XRIFL, Sd L/Cls R, Sd L); lunge thru L to rlod, Rec R, Sd L/Cls R, Sd L; Sd R, Rec L, in place R/L, R;

Part B (mod) – Cha Cha

1 – 8 [Cha Cha] Chase;;; Brk Bk fc lod; Walk & Cha; Circle Cha to bfly;;

- 1-4 Fwd L trng RF, Rec Fwd R to fc coh, Fwd L/Cls R, Fwd L (Bk R, Rec Fwd L, Fwd R/Cls L, Fwd R); Fwd R trng LF, Rec Fwd L to fc wall, Fwd R/Cls L, Fwd R (Fwd L trng RF, Rec Fwd R to fc wall, Fwd L/Cls R, Fwd L); Fwd L, Rec Bk R, Bk L/Cls R, Bk L (Fwd R trng LF, Rec Fwd L to fc coh, Fwd R/Cls L, Fwd R); Bk R, Rec Fwd L, Sd R/Cls L, Sd R;
- 5-8 Trng LF (RF) Bk L, Rec Fwd R to op lod, Fwd L/Cls R, Fwd L; Fwd R, Fwd L, Fwd R/Cls L, Fwd R; Circling LF (RF) Fwd L, Fwd R, Fwd L/Cls R, Fwd L; Fwd R, Fwd L, Fwd R/Cls L, Fwd R to bfly wall;

Ending

1 – 5 [Cha Cha] Sd Cls & Hold; Basic;; slowing down Spot Trn 2; & Sd Draw Cls to cp wall hold;

- 1-5 Sd L, -, Cls R, hold through the start of the word Lost and three quick pickup notes; Fwd L, Rec R, Sd L/Cls R, Sd L; Bk R, Rec L, Sd R/Cls L, Sd R; slowing down XLIF trng RF (LF), -, Rec R cont RF trn to fc ptr, -; Sd L, Draw R to L, Cls R to cp wall holding, -;

6 Slow Dip Bk w/ Slow Leg Crawl;

- 6 Slow Bk L leaving R leg extended, -, slow LF twist of upper body causing W's L leg to rise up the outside of M's R leg, - (Fwd R leaving L leg extended, -, Slowly raising L leg up the outside of M's R leg, -);

Intro

Wait 2 meas;; Chase Peek-a-Boo;;; Cucaracha 2x;; Sd Draw Cls;

Part A - Rumba

[Rumba] Basic;; Fence Line rlod; Underarm Trn to a ; Lariat bfly wall;; Fence Line rlod; Spot Trn lod; Half Basic; Whip to coh; New Yorker lod; Whip to wall; New Yorker rlod; Cucaracha rlod; Sd Walk 6;;

Part B – Cha Cha

[Cha Cha] Chase;;; Brk Bk fc lod; Walk & Cha; Sliding Door 2x;; Circle Cha bfly wall;; Sd Draw Cls;

Part A - Rumba

[Rumba] Basic;; Fence Line rlod; Underarm Trn to a ; Lariat bfly wall;; Fence Line rlod; Spot Trn lod; Half Basic; Whip to coh; New Yorker lod; Whip to wall; New Yorker rlod; Cucaracha rlod; Sd Walk 6;;

Part B – Cha Cha

[Cha Cha] Chase;;; Brk Bk fc lod; Walk & Cha; Sliding Door 2x;; Circle Cha bfly wall;; Sd Draw Cls;

Part C – Cha Cha

[Cha Cha] Trav Door 2x;; Crab Walk half to lod; Fence Line; Crab Walks rlod;; Fence Line; Cucaracha rlod;

Part B (mod) – Cha Cha

[Cha Cha] Chase;;; Brk Bk fc lod; Walk & Cha; Circle Cha to bfly;;

Ending

[Cha Cha] Sd Cls & Hold; Basic;; slowing down Spot Trn 2; & Sd Draw Cls to cp wall hold; Slow Dip Bk w/ Slow Leg Crawl;