My Heart Is Lost to You

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RECORD: CD Steers & Stripes Arista ARCD 7003 (Artist: Brooks & Dunn)
(Another version of this dance is available on a 45 rpm square dance singing call record on the Lyn-Spin label, available from Palomino records. The dance has its own cue sheet because the arrangement of the music is very different. Contact choreographers for a copy of the cue sheet.)

FOOTWORK: Opposite unless noted (W in parentheses) 

RHYTHM: Rumba 

SEQUENCE: INTRO—A—B—A—B—C—B(1-6)—ENDING

MEAS: 

INTRODUCTION

0.5-4 (wait 3 pickup notes); APART, POINT; TOGETHER BFLY, TCH;
0.5 in BFLY WALL wait 3 pickup notes;
1-4 releasing lead hands holding trail hands apart L, - , point R, - ; rec R, - , tch L BFLY WALL, - ;

5-8 1/2 BASIC; FAN; ALEMANA; ;
5-6 fwd L, rec R, sd L, - ; bk R, rec L, sd R (W fwd L, trng LF 1/4 sd & back R, back L leaving R foot extended with no weight), - ;
7-8 fwd L, rec R, cl L (W back R, rec L, sd R commencing RF swivel), - ; back R, rec L, sd R (W continuing RF turn under joined lead hands fwd L, completing RF turn fwd R face ptr, sd L), - ;

9-11 LARIAT; ; SD, DRAW CLOSE;
9-10 keeping lead hands joined sd L taking partial weight, rec R, cl L, - (W commencing circle around M fwd L, R, R, - ); keeping lead hands joined sd R taking partial weight, rec L, cl R, - (W continuing circle around M fwd L, R, L to end facing ptr, - );
11 sd L, draw R to L, cl L, - ;

PART A

1-4 RUMBA BOX; ; SIDEWALK 3; CRABWALK 3 (XIF);
1-2 sd L, cl R, fwd L, - ; sd R, cl L, bk R, - ;
3-4 sd L, cl R, sd L, - ; XRIF, sd L, XRIF, - ;

5-8 CRABWALK 3; SPOT TURN; CUCARACHA L & R; ;
5-6 sd L, XRIF, sd L, - ; XRIF commencing LF turn, continuing turn rec L to face WALL, sd R, - ;
7-8 sd L taking partial weight, rec R, cl L, - ; sd R taking partial weight, rec L, cl R, - ;

9-12 RUMBA BOX; ; SIDEWALK 3; AIDA;
9-10 sd L, cl R, fwd L, - ; sd R, cl L, bk R, - ;
11-12 sd L, cl R, sd L, - ; thru R completing turn RF to face ptr, sd L continuing turn RF, bk R completing turn to end in a “V” position, - ;

13-16 SWITCH CROSS; CRABWALK 6 (SD TWD RLOD); ; CUCARACHA TO CP WALL;
13-14 trnf LF to face ptr sd L checking bringing joined lead hands thru, rec R, XLIF, - ; sd R, XLIF, sd R, - ;
15-16 XLIF, sd R, XLIF, - ; sd R taking partial weight, rec L, cl R ending in CP WALL, - ;

PART B

1-4 CROSS BODY; ; FWD BASIC; FAN;
3-4 fwd L, rec R, sd L, - ; bk R, rec L, sd R (W fwd L, trng LF 1/4 sd & back R, back L leaving R foot extended with no weight), - ;
5-8 **HOCKEY STICK; ; FENCING LINE TWICE; ;**

3-4 fwd L, rec R, cl L (cl R, fwd L, fwd R.), - ; back R, rec L, small sd R leaving L hand up and 
joining R hand to W's L hand behind her back (W fwd L, fwd R trng LF 3/4, sd & fwd L to 
BFLY,), - ;

5-6 cross lunge thru L with bent knee looking LOD, rec R to face ptr, sd L, - ; cross lunge thru R 
with bent knee looking RLOD, rec L to face ptr, sd R, - ;

9-11 **NEW YORKER; WHIP; SD, DRAW CLOSE;**

9-10 trng RF step thru L to LOPEN, rec R to face ptr, sd L, - ; bk R trng 1/4 LF, rec fwd R 
continuing LF turn, rec R (W: fwd L commencing LF turn, fwd R continuing turn end with R foot 
back, sd & bk L ending in BFLY COH.), - ;

11 sd L, draw R to L, cl L, - ;

**PART C**

1-4 **ALEMANA; ; LARIAT; ;**

1-2 fwd L, rec R, cl L (W back R, rec L, sd R commencing RF swivel), - ; back R, rec L, sd R (W 
continuing RF turn under joined lead hands fwd L, completing RF turn fwd R face ptr, sd L), - ;

3-4 keeping lead hands joined sd L taking partial weight, rec R, cl L, - (W commencing circle 
around M fwd R, L, R, - ); keeping lead hands joined sd R taking partial weight, rec L, cl R, - 
(W continuing circle around M fwd L, R, L to end facing ptr, - );

5-8 **SHLDR TO SHLDR TWICE; ; SPOT TURN; CUCARACHA TO CP WALL;**

5-6 sd & fwd L to BFLY SCAR, rec R to BFLY COH, sd L, - ; fwd & sd R to BFLY BJO, rec L to 
BFLY COH, sd R, - ;

7-8 XLIF commencing RF turn, continuing turn rec R to face WALL, sd L, - ; sd R taking partial 
weight, rec L, cl R ending in CP WALL, - ;

**ENDING**

1-3 **CUCARACHA L & R; ; SIDE, CLOSE TWICE HOLD (SLOW W/ MUSIC); ;**

1-2 sd L taking partial weight, rec R, cl L, - ; sd R taking partial weight, rec L, cl R, - ;

3 sd L, cl R, sd L, cl R hold; **Choreographer’s note: You'll have to listen to this section to get a 
fell for how long to wait before giving the cue for the next figure.**

4-8 **FWD BASIC; WHIP; VINE (SLOW W/ MUSIC); ; ;**

4-5 fwd L, rec R, sd L, - ; bk R trng 1/4 LF, rec fwd R continuing LF turn, rec R (W: fwd L 
commencing LF turn, fwd R continuing turn end with R foot back, sd & bk L ending in BFLY 
COH.), - ;

6-8 sd L, XRIB, sd L, XRIF; sd L, XRIB, sd L, XRIF; sd L, XRIB, sd L, XRIF; sd L, XRIB, sd L, XRIF; **Choreographer’s 
ote: The music here is somewhat freestyle. We’ve found it helpful to cue this as “Vine until I 
tell you to stop.” Otherwise the dancers get distracted trying to count steps.**

9 **SLOW SETTLE INTO SIDE CORTE;**

9 slow with the music sd L, cl R, sd L lowering slightly to RSCP w/ R foot pointing twd RLOD, - ;