

# My Heart Is Lost to You

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CHOREO: Tim Pilachowski & Sharon DeLauter, 638 Realm Court W, Odenton MD 21113, USA  
410-674-8481, TJP@math.umd.edu

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) TIME: 2.59 @ 45 rpm / 0% tempo change

RHYTHM: Rumba RAL PHASE IV

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 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, - );

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 commencing 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;

1-2 fwd L, rec R, sd L trng LF [foot turned about 1/4 – body turned 1/8] (W: bk R, rec L, fwd R twd M staying on R side ending in an L-shaped position), - ; bk R continue LF turn, small fwd L, sd & fwd R (W: fwd L commencing LF turn, fwd R continuing turn end with R foot back, sd & bk L ending in CP COH), - ;

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, sd 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, sd 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; *Choreographer's note: 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, - ;