

Lost and Broken Hearted

COPPER KNOB
STEPSHEETS

Count: 64

Wall: 4

Level: Easy Intermediate

Choreographer: Joshua Talbot (AUS) & Trent Duncan (AUS) - September 2024

Music: Through - Fancy Hagood



****2 Restarts:**

#16 Count Intro - Start on Vocals

Section 1 - 1-8 - R Lock, Scuff, Step Touch, Back Kick

- 1-4 R Lock Fwd - Step R fwd, Lock Step L Behind R, Step R Fwd, Scuff L beside R
5-8 Step L Fwd, Tap R toe Behind L foot, Step Back R, Low Kick L fwd.

Section 2 - 9-16 - L Back Lock, Slow Coaster Back, Step Fwd

- 1-4 L Lock Back - Step L back, Lock Step R across in front of L, Step L Back, Low Kick R Fwd
5-8 Slow R Coaster Back - Step R back, Step L Beside R, Step R Fwd, Step L Fwd

Section 3 - 17-24 - ¼ Monterey, Slow Coaster Back, Step Fwd

- 1-4 ¼ Turn R Monterey - Touch R toe to R side, Bring R beside L as you turn ¼ R, Touch L toe to L side, Step L beside R - (3:00)
5-8 Slow R Coaster Back - Step R back, Step L beside R, Step R Fwd, Step L Fwd

****Restart - During Wall 2 (Restart to 12:00 wall), Restart During Wall 5 (restart to 9:00 wall)**

Section 4 - 25-32 - Modified Vee Step

- 1-4 Step R fwd at 45deg, Hold 1 count, Step L out at 45deg, Hold 1 Count
5-8 Step R back to Centre, Step L Back to Centre, Step R fwd at 45deg, Step L fwd at 45deg

Section 5 - 33-40 - Toe Points, Side Rock, Kick Cross

- 1-2 Touch R toe fwd with R heel twisted/pointed in, step R slightly fwd
3-5 Touch L toe fwd with L heel twisted/pointed in, step L slightly fwd
5-8 Step R to R side, Rock weight onto L, Low Kick R across in front of L, Step R across L

Section 6 - 41-48 - Side Rock, Toe Drop, Vine R ¼ Turn R

- 1-2 Step L to L side, Rock weight onto R
3-4 Touch L toe across R, Drop L Heel
5-8 Vine R, 1/4 turn R - Step R to R side, Step L across behind R, Turning ¼ R Step R fwd, Scuff L beside R - (6:00) ** OPTIONAL: Rolling 1&¼ turn R Vine R Scuff.

Section 7 - 49-56 - Step Hook, Back Kick, ¼ Turn R Slow Coaster

- 1-2 Step L fwd, Hook R foot behind L (keep it low)
3-4 Step Back R, Low kick L Fwd
5-8 Slow L Coaster ¼ Turn R - Step L Back, Turn ¼ Turn R Step Beside L, Step L fwd, Scuff R beside L - (9:00)

Section 8 - 57-67 - Side Toe Drop, Rock back, Side Toe Drop, Rock back

- 1-2 Touch R toe to R side, Drop R heel
3-4 Step L Back behind R, Rock Weight fwd onto R
5-6 Touch L toe to L side, Drop L Heel
7-8 Step R back behind L, Rock weight fwd onto L

END OF DANCE - START NEW WALL - COUNTER CLOCKWISE DIRECTION

****Restart - During Wall 2 (Restart to 12:00 wall), Restart During Wall 5 (restart to 9:00 wall)**

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Video Teach and Demo available on Youtube @TropicalBoots

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