

# My Heartache

**COPPER KNOB**  
STEPPERS

**Count:** 32

**Wall:** 4

**Level:** Beginner

**Choreographer:** Shirley Blankenship (USA) & K. Sholes (USA) - October 2019

**Music:** Heartache Medication - Jon Pardi



---

## **Diagonal Shuffles/Forward - 1/2 Left/ Hook , Shuffle**

1&2 3&4 Shuffle forward on right,shuffle forward on left  
5-6 Step forward on right, 1/2 left hook left over right  
7&8 Shuffle forward Left

## **Side Rock/ Behind/Side/Cross - Right And Left**

1-2 3&4 Side rock Right, recover on left, right behind left,step left, cross right  
5-6 7&8 Side rock left,recover on right, left behind right,step right,cross left

## **Step lock/ Step/ Together/Step - Right And Left**

1-2-3&4 Step right forward, left behind, step right, left together ,step right  
5-6-7&8 Step left forward, right behind, step left, right together ,step left

## **Pivot 1/2 left - Pivot 1/4 Left - Rocking Chair**

1-2-3-4 Step right forward, pivot 1/2 left ,, Step right forward pivot 1/4 left  
5-6-7-8 Rock forward on right,recoverleft,rock back on right,recover left

**It's All About Fun**

**ENJOY**

---