

Heartbreak Express

COPPER KNOB
BY STEPHEN METELNICK

Count: 32

Wall: 4

Level: Beginner / Improver

Choreographer: Peter Metelnick (UK)

Music: From a Jack to a King - Ricky Van Shelton



When dancing to the non country track by Dario G, start on 33 count after the drums start You will hear a whistle. If you start the dance at the correct time you will end the dance on the last count facing the front wall. When dancing to the Dixie Chicks tune, start right after the Chicks' sing "out the" on the word "door". Dance will end perfectly with the music.

VINE RIGHT 2, RIGHT HEEL BALL CROSS, RIGHT SIDE ROCK & RECOVER, RIGHT CROSS SHUFFLE

- 1-2 Step right foot to right side, cross step left foot behind right
- 3&4 Touch right heel forward, step right foot back, cross step left foot over right
- 5-6 Step right foot to right side and rock, recover weight on left foot
- 7&8 Cross step right foot over left, step left foot to left side, cross step right foot over left

VINE LEFT 2, LEFT HEEL BALL CROSS, LEFT SIDE ROCK & RECOVER WITH ¼ RIGHT TURN, LEFT FORWARD SHUFFLE

- 1-2 Step left foot to left side, cross step right foot behind left
- 3&4 Touch left heel forward, step left foot back, cross step right foot over left
- 5-6 Step left foot to left side and rock, recover weight on right foot turning ¼ right (now facing right side wall)
- 7&8 Step left foot forward, step right foot together, step left foot forward

WALK FORWARD 2, RIGHT KICK BALL CHANGE, RIGHT FORWARD, ¼ LEFT PIVOT TURN, RIGHT FORWARD, ¼ LEFT PIVOT TURN

- 1-2 Step right foot forward, step left foot forward
- 3&4 Kick right foot forward, step right foot together, step left foot together
- 5-8 Step right foot forward, pivot ¼ left, step right foot forward, pivot ¼ left (now facing left side wall)

RIGHT ROCK FORWARD & RECOVER, ½ RIGHT & SHUFFLE, LEFT ROCK FORWARD & RECOVER, LEFT BACK, RIGHT SIDE, LEFT CROSS STEP

- 1-2 Step right foot forward and rock, recover weight on left foot
- 3&4 Step right foot turning to the right ¼, step left foot together turning ¼ right, step right foot together (now facing right side wall)
- 5-6 Step left foot forward and rock, recover weight on right foot
- 7&8 Step left foot back, step right foot back and slightly to the right, cross step left foot over right (turning body slightly to the right)

REPEAT

This dance was choreographed after I met the Dixie Chicks in London. It was a thrill to meet them & see them perform. They put on a good show & it was great to hear songs such as "Let 'Er Rip" live. When I heard them sing "Tonight The Heartache's on Me", I realized what a good song it was & went home that night to play the CD version again. Heartbreak Express was choreographed the next day.