

# Sea Of Heartbreak

Compte: 32

Mur: 4

Niveau: Improver

Chorégraphe: Teresa Lawrence (UK) & Vera Fisher (UK)

Musique: Sea Of Heartbreak - Diamond Jack



If doing the fun intro start about 15 counts in, not easy to count!! about 10 sec's in, after the solo guitar bit when the music kicks in. If not then start 32 counts in from the end of the solo guitar bit, on main vocals about 29 sec's in.

## ROCK FORWARD & BACK & PIVOT ¼ TURN. TOE STRUT TWICE COASTER

- 1&2& Rock forward on right, replace weight on left, rock back on right, replace weight on left
- 3-4 Step forward on right, turn ¼ left placing weight on left
- 5&6& Right toe strut traveling back, left toe strut traveling
- 7&8 Right coaster step

## LEFT LOCK FORWARD. ROCK REPLACE. ½ HITCH. ¼ HITCH. COASTER

- 1&2 Left lock forward
- 3-4 Rock forward on right, replace weight on left
- 5&6& Making ½ turn right step forward on right, hitch left knee, making ¼ turn right step left to left side, hitch right knee

Option: click fingers on the hitches

- 7&8 Right coaster step

## CROSS ROCK BACK ROCK. ¼ TURN. ROCK REPLACE ½. STEP CLAP

- 1&2 Cross rock left over right, replace weight on right, cross rock left over right
- 3-4 Rock right to right side, making ¼ turn left step forward on left
- 5&6 Rock forward on right, replace weight on left, making ½ turn right step forward on right
- 7-8 Step forward on left leaning body over left, clap

## STEP ½ STEP. LEFT LOCK FORWARD. KICK BALL STEP. HIP BUMPS & CLAPS

- 1&2 Step forward on right, make ½ turn left placing weight on left, step forward on right
- 3&4 Left lock forward
- 5&6 Kick forward with right, step right next to left, step forward on left
- 7&8 Bump hips left, right, left finish with weight on left

Option: clap hands 3 times with hip bumps

## REPEAT

## TAG

Done on the end of walls 4 & 8 so you will be facing the front each time

## SIDE ROCK REPLACE. BEHIND SIDE CROSS

- 1-2-3&4 Rock right to right side, replace weight, cross right behind left, step left to left side, cross right over left
- 5-6-7-8 Rock forward on left, replace weight, rock back on left, replace weight

## ROCK REPLACE. COASTER. FULL TURN GRAPEVINE

- 1-2-3&4 Rock forward on left, replace weight, do a left coaster step
- 5-6-7-8 In 4 steps make a full turn traveling right to right side. (option: instead of turn do a vine right)

Another option, just for fun: in the tags on counts 5 to 10 you will be rocking forward & back, in the song diamond jack sing about sailing, well, we don't know much about sailing but you can make out you're rowing! On the forward rocks push your oars forward, on the back rocks bring them in!

Another option, just for fun. At the start of the track there's a 32 count instrumental bit, try this:

- 1-16 Four jazz boxes each making ¼ turn right

**On count 16 finish back at the front & touch left toe to left side**

1-16            Four jazz boxes each making  $\frac{1}{4}$  turn left

**On count 16 finish back at the front & touch right toe to right side. Don't forget your air guitars.**

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