

It's A Heartache

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Carol Ann O'Brien (UK) - November 2014
音乐: It's a Heartache - Derek Ryan



(Also can be danced to Jingle Bell Rock by Glee, with No Restarts)

Start on Vocals

JAZZ BOX, STOMP FORWARD, HIP BUMPS

1-2 Cross right over left, step back on left
3-4 Step right to right side, close left next to right
5-6 Stomp right forward, stomp left forward
7-8 Bump left, bump right (weight back on to left)

WALK FORWARD, SHUFFLE FORWARD, ROCK STEP, LEFT COASTER STEP

1-2 Step right forward, step left forward
3&4 Step right forward, close left beside right, step right forward
5-6 Rock forward on left, weight back on right
7&8 Step back on Left, Step right beside left, Step forward on left

CROSS ROCK, SIDE SHUFFLE, CROSS ROCK ¼ LEFT SHUFFLE FORWARD

1-2 Cross right over left, weight back on left
3&4 Step right to right, close left beside right, step right to right side
5-6& Cross left over right, weight back on right, ¼ turn left
7&8 Step left forward, close right beside left, step left forward

PADDLE ROUND 4 ½ TURN LEFT

1-2 Touch right toe forward pivot 1/8 turns Left.
3-4 Touch right toe forward, pivot 1/8 turn Left.
5-6 Touch right toe forward, pivot 1/8 turn Left.
7-8 Touch right toe forward, pivot 1/8 turn left

RESTART'S: WALLS 5-10 AFTER 16 COUNTS (facing 12 O'clock)

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Last Update – 25th Nov 2014