

# Heartaches

拍数: 64      墙数: 4      级数: Improver  
编舞者: Chris Jackson (UK) - February 2019  
音乐: Heartaches - Chris Norman : (amazon)



**\*1 easy tag, 1 restart. 36-count intro, start on vocals, weight on right.**

## SECTION ONE: SIDE, TOGETHER, SHUFFLE FORWARD, SIDE, TOUCH, SHUFFLE A QUARTER

1, 2, 3&4      Left to left side, right next to left, forward left, right next to left, forward left  
5, 6, 7&8      Right to right side, touch left next to right, make a quarter turn left stepping forward on left, right next to left, forward left (9.0)

## SECTION TWO: SIDE, TOGETHER, SHUFFLE FORWARD, SIDE, BEHIND, BALL-CROSS, SIDE

1, 2, 3&4      Right to right side, left next to right, forward right, left next to right, forward right  
5, 6, &7, 8      Left to left side, right behind left, small step left to left side (&), cross right over left, left to left side

## SECTION THREE: BACK AND FORWARD AND TOUCH TURN, SHUFFLE FORWARD

1, 2, 3, 4      Rock back on right, recover on left, rock forward on right, recover on left  
5, 6, 7&8      Touch right back, unwind a half turn to your right (weight forward on right), forward left, right next to left, forward left (3.0)

## SECTION FOUR: CROSS, BACK, SIDE, CROSS, BACK, SIDE, CROSS SHUFFLE

1, 2, 3, 4      Cross right over left, step back on left, right to right side, cross left over right  
5, 6, 7&8      Step back on right, left to left side, cross right over left, left to left side, cross right over left

**RESTART HERE during Wall 5 facing 3.0**

## SECTION FIVE: LONG STEP AND BACK ROCK, SIDE, BEHIND, SIDE, IN FRONT

1-2, 3, 4      Take a long step left to left side over a count of two, rock back on right, recover on left  
5, 6, 7, 8      Right to right side, cross left behind right, right to right side, cross left over right

## SECTION SIX: LONG STEP AND ROCK TURN, SHUFFLE FORWARD, PIVOT A QUARTER

1-2, 3, 4      Take a long step right to right side over a count of two, make a quarter turn left as you rock back on left, recover on right (12.0)  
5&6, 7, 8      Forward left, right next to left, forward left, step forward right, pivot a quarter turn left (9.0)

## SECTION SEVEN: IN FRONT, SIDE, BEHIND, POINT, CROSS, POINT, CROSS POINT

1, 2, 3, 4      Cross right over left, left to left side, cross right behind left, point left to left side  
5, 6, 7, 8      Cross left over right, point right to right side, cross right over left, point left to left side

## SECTION EIGHT: FORWARD ROCK, SHUFFLE HALF TURN, SHUFFLE HALF TURN, BACK ROCK

1, 2, 3&4      Rock forward on left, recover on right, shuffle a half turn left L/R/L  
5&6, 7, 8      shuffle a half turn left R/L/R, rock back on left, recover on right

## EASY TAG HERE at the end of Wall 2 facing 6.0

1, 2, 3, 4      Left to left side, touch right next to left, right to right side, touch left next to right.

**ENDING: Keep on dancing through the 'fade-out' to end facing front!**