

# Wreck of My HEART

COPPERKNOB  
STEPSHEETS

拍数: 64      墙数: 4      级数: Low Intermediate  
编舞者: Val Saari (CAN) - October 2019  
音乐: Wreck of My Heart - Lonesome River Band



Begin on the word "heart"

PHRASED SEQUENCE: A B A B A A B A A

## SECTION A: 32 Counts

### S:1 HEEL/TOE, HEEL BALL-CHANGE X 2, RL

1-2            RF heel forward, Touch RF toes across L  
3&4            Brush RF heel forward, Step RF next to L, Step LF together  
5-6            LF heel forward, Touch LF toes across R  
7&8            Brush LF heel forward, Step LF next to R, Step RF together

### S:2 CHASSE L X 4 (BOX WITH SHUFFLES)

1&2            1/4 Turn L, Step RF to R side, Step LF next to R, Step RF to side  
3&4            1/4 Turn L, Step LF to L side, Step RF next to L, Step LF to L side  
5&6            1/4 Turn L, Step RF to R side, Step LF next to R, Step RF to side  
7&8            1/4 Turn L, Step LF to L side, Step RF next to L, Step LF to L side

### S:3 RF STOMP, KICK, MAMBO BACK, LF STOMP, KICK, MAMBO BACK

1-2            Stomp RF down, kick RF forward  
3&4            Rock RF back, Recover LF, Step RF beside left  
5-6            Stomp LF down, kick LF forward  
7&8            Rock LF back, Recover RF, Step LF beside R

### S:4 MODIFIED JAZZ BOX, BACK-LOCK-BACK, HEEL BOUNCE 1/4 R, HEEL SPLITS OUT, IN OUT IN

1-2            Cross RF over Left, Step LF back  
3&4            Step R behind L, Step L across R, Step R back  
5-6            Bounce on both heels to pivot 1/4 R, Split both heels apart  
7&8            Close heels together, Split both heels apart, close heels together

## SECTION B: 36 Counts

### S:1 SHUFFLE FWD RLR, REVERSE COASTER, SHUFFLE BACK, RLR, COASTER STEP PIVOT 1/4 L

1&2            Shuffle forward RLR  
3&4            Step LF forward, Step RF beside L, Step LF back  
5&6            Shuffle back RLR  
7&8            Step LF back 1/4 pivot L, Step RF beside L, Step LF forward

### S:2 STEP-PIVOT 1/4 LEFT TWICE

1-2            Step RF forward, Pivot 1/4 turn left (weight on left)  
3-4            Step RF forward, Pivot 1/4 turn left (weight on left)

### S:3 & S:4 REPEAT S:1 & S:2

### S:5 RF SHUFFLE FWD, PIVOT 1/2 R, LF SHUFFLE FWD, PIVOT 1/4 L

1&2            Step RF forward, Step LF beside R, Step RF forward  
3-4            Step LF forward, Pivot 1/2 R  
5&6            Step LF forward, Step RF beside L, Step LF Forward  
7-8            Step RF forward, Pivot 1/4 L

### S:6 KICKBALL CHANGE, STOMP, STOMP

1&2 Kick RF forward, Step RF together, Step LF together  
3-4 Stomp RF, Stomp LF

**Hint: The "A" section always occurs on the chorus words "You made a wreck of my heart" and also in the instrumental interlude section..**

**The "B" section always occurs on the verses.**

**Email: [valeriesaari@icloud.com](mailto:valeriesaari@icloud.com)**

**Phone: 1-905-246-5027**

---