

It's a Heartache

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Phrased Beginner
编舞者: Sally Hung (TW) - February 2012
音乐: It's a Heartache - Rod Stewart



Dance starts after 16 counts - Sequence of Dance: ABAB(24)B(24)/ABAB(24)B(24)/ABA

AI. L & R FORWARD SCUFF, ¼ TURN R JAZZ BOX

1-2 Step R forward, brush L
3-4 Step L forward, brush R
5-6 ¼ turn R stepping R across L, step L back
7-8 Step R to right side, step L next to R

AII. MONTEREY ¼ TURN RIGHT, R & L SAILOR STEP

1-2 Point R to right side, step R together
3-4 Turning ¼ R point L to left side, step L together
5&6 Step R behind L, step L to left side, step R to right side
7&8 Step L behind R, step R to right side, step L to left side

AIII, VINE R, STEP ACROSS, BACK LOCK, BACK TOUCH

1-2 Step R to right, step L behind R
3-4 Step R to right, step L across R
5-6 Step back on R, lock step L in front of R
7-8 Step back on R, touch L beside R

AIV. VINE L, SCUFF FORWARD, STEP LOCK, STEP TOUCH

1-2 Step L to left, step R behind L
3-4 Step L to left, scuff R forward
5-6 Step R forward, lock step L behind R
7-8 Step forward on R, touch L beside R

BI. FWD BIG STEP L, FWD BIG STEP R, ¼ TURN R JAZZ BOX

1-2 Step fwd on R, big step touch L to the L
3-4 Step fwd on L, big step touch R to the R
5-6 ¼ turn R crossing R over L, step L back
7-8 Step R to right side, step L next to R

BII. ¼ TURN R, STEP LOCK, STEP TOUCH, ½ TURN L, STEP LOCK, STEP TOGETHER

1-2 ¼ turn R stepping R forward, lock step L behind R
3-4 Step forward on R, touch L beside R
5-6 ½ turn L stepping L forward, lock step R behind L
7-8 Step R forward, step L together

BIII. R KICK-BALL-CHANGE X2, L HALF TURN WALKING

1&2 Kick R forward, step R back, step R in place
3&4 Kick R forward, step R back, step R in place
5-8 walk R, L, R, L make a half turn L

BIV. R CROSS ROCK, SIDE TOUCH, ¼ TURN R SIDE TOUCH, SIDE TOGETHER

1-2 Cross rock R over L, rock back onto L
3-4 Step R to R, touch L beside R
5-6 ¼ turn R stepping L to L, touch R beside L

7-8 Step R fwd, step L together

Happy dancing!

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