

# An Unhealthy Heart

**COPPER** KNOB  
STEPSHEETS

拍数: 32      墙数: 4      级数: Improver  
编舞者: Wendy Mager (USA) - April 2013  
音乐: Mama's Broken Heart - Miranda Lambert



Intro: 16 counts

**Charleston R fwd then L back, Shuffle R fwd, Shuffle L fwd**

1-4      Touch R fwd, step R next to L, Touch L back, step L next to R  
5&6      Step R fwd, step L together, step R fwd  
7&8      Step L fwd, step R together, step L fwd

**Side tap R 2x, R Behind-Side-Fwd , Side tap L 2x, L Behind-Side-Fwd**

1-2      Touch R toe to the R side twice  
3&4      Step R behind L, step L to L side, step R fwd  
5-6      Touch L toe to the L side twice  
7&8      Step L behind R, step R to R side, step L fwd

**R Fwd Rock-Rec., 1/2 Turning Shuffle R, L Fwd Rock-Rec., L Coaster Step**

1-2      Rock fwd on R, recover to L  
3&4      Step R into 1/4 turn R, step L next to R, step R fwd into 1/4 turn R  
5-6      Rock fwd on L, recover to R  
7&8      Step L back, step R next to L, step L fwd

**R Kick-Ball-Change, Jazz Box w/ 1/4 turn R, Touch R- Hold**

1&2      Kick R foot fwd, step R next to L, step L in place next to R  
3-6      Cross step R over L, 1/4 turn R as you step back on L, step R to R side, step L next to R  
7-8      Touch R next to L, Hold

**Tag: At the end of wall 3 (3:00) and wall 6 (6:00)**

**Rocking Chair R, Weave R w/R Side Rock-Cross, Weave L w/ L Side Rock-Step L**

1-4      Rock fwd on R, recover to L, rock back on R, recover to L  
5&6      Step R to R side, step L behind R, step R to R side  
&7&8      Cross step L over R, rock R to R side, recover to L, cross step R over L  
1&2      Step L to L side, step R behind L, step L to L side  
&3&4      Cross step R over L, rock L to L side, recover to R, step L next to R

**Restart: On Wall 7(6:00)**

Do the first 24 counts but instead L coaster step, counts 23-24 - step L back, touch R next to L then restart on the front wall(12:00)

**To finish the dance on the front wall(12:00)**

Start wall 9- instead of the 1/2turning shuffle, do a 1/4 turning shuffle (facing front wall)and step L foot fwd when the music ends.

**Dedicated to Lynn's Line Dancers**

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