

# It's A Heartache

**COPPER** KNOB  
BY STEPHEN

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Carol Ann O'Brien (UK) - November 2014  
音樂: 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