

# Heartache

COPPER KNOB  
STEPSHEETS

拍數: 64      牆數: 2      級數: High Beginner  
編舞者: Mayee Lee (MY) - July 2015  
音樂: Sakitnya Tuh Disini - Cita Citata : (3:14)



Intro□□: Start after 64 counts or start at 0.31 seconds

Sec 1□□: Touch R Diagonal, Hold, R Coaster, Touch L Diagonal, Hold, L Coaster

12 3&4      Touch R diagonally R(1), hold(2), step R back(3), step L beside R(&), step R forward(4)  
56 7&8      Touch L diagonally L(5), hold(6), step L back(7), step R beside L(&), step L  
forward(8)□12.00

(Hand movement : counts 1 2 & 5 6 do chest bump twist)

Sec 2□□: R Out, L Out, Bump hip R L R L R L

1 – 4      Step R out(1), step L out(2), bump hip to R(3), bump hip to L(4)  
5 – 8      Bump hip to R(5), bump hip to L(6), bump hip to R(7), bump hip to L(8)□12.00

Sec 3□□: Touch x3, ¼ Turn R Hitch, ¼ Turn R Sit On R, Hold, ¼ Turn L Forward, ¼ Turn L

1 – 4      Touch R forward(1), touch R to diagonally R(2), touch R to R(3), ¼ turn R hitch R(4) 3.00  
5 – 8      ¼ turn R step R to R & sit on R(5)(6.00), hold(6), ¼ turn L step L forward(7)(3.00), ¼ turn L  
step R beside L(8) 12.00

Sec 4□□: Touch x3, ¼ Turn L Hitch, ¼ Turn L Sit On L, Hold, ¼ Turn R Forward, ¼ Turn R

1 – 4      Touch L forward(1), touch L to diagonally L(2), touch L to L(3), ¼ turn L hitch L(4) 9.00  
5 – 8      ¼ turn L step L to L & sit on L(5)(6.00), hold(6), ¼ turn R step R forward(7)(9.00), ¼ turn R  
step L beside R(8) 12.00

Sec 5□□: Cross R, Recover L, R Side, Cross L, Recover R, Together, R Forward, ½ Turn R

1 – 4      Cross R over L(1), recover on L(2), step R to R(3), cross L over R(4)  
5 – 8      Recover on R(5), step L beside R(6), step R forward(7), ½ turn R step L back(8)□6.00

Sec 6□□: Rock R Back, Recover L, Full Turn L, R Out, L Out, R Back, L Back & Sit, Hold

1 – 4      Rock R back(1), recover on L(2), ½ turn L step R back(3)(12.00), ½ turn L step L forward(4)  
6.00  
56 & 78      Step R out(5), step L out(6), step R back(&), step L back & sit on L(&), hold(8)□6.00

Sec 7□□: Body Roll, Chest Bump, R Side, Touch L Back, L Side, Touch R Back

1 – 4      Roll your body to diagonally R(1-2), hold 2 counts with chest bump(3-4)  
5 – 8      Step R to R(1), touch L back(2), step L to L(3), touch R back(4)□6.00

Sec 8□□: Rolling Vine To R, L Side, R Together, L Side, Touch R

1 – 4      ¼ turn R step R forward(1)(9.00), ½ turn R step L back(2)(3.00), ¼ turn R step R to  
R(3)(6.00), touch L beside R(4) 6.00  
5 – 8      Step L to L(5), step R beside L(6), step L to L(7), touch R beside L(8) 6.00

Ending□□: wall 6 (6.00), dance 29 counts

No Tag No Restart !

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