

Heartache Medication

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數:
編舞者: Cheryl Dibble (USA) - June 2019
音樂: Heartache Medication - Jon Pardi



Begin after 16 counts

(STEP BEHIND-OUT-OVER, ROCK) X 2

1,2&3,4. Step right on R, step L behind R, step R to right, cross L over R, Rock R to right
5,6&7,8. Step left on L, step R behind L, step L to left, cross R over L, Rock L to left

RECOVER, 1/4 TURN SAILOR STEP, STEP; TURN 1/2 LEFT, STEP; TURN 1/4 LEFT, STEP; BEHIND-OUT-OVER

1,2&3,4. Recover R. 1/4 turn left sailor step, step forward on R
5,6,7&8 Turning 1/2 left, step on L, Turning 1/4 left step on R, step L behind, step R to right, cross L over R

ROCK FORWARD TURNING 1/4 RIGHT, RECOVER; RIGHT COASTER STEP; ROCK LEFT FORWARD, RECOVER; LEFT COASTER STEP

1,2,3&4. Rock R forward turning 1/4 right, recover L, step R back, step L next to R, step R forward
5,6,7&8. Rock L forward, recover R, step L back, step R next to L, step L forward

ROCK, RECOVER, 1/4 TURN QUICK TRIPLE STEP; TURN 1/2 RIGHT, STEPPING ON LEFT, STEP RIGHT BEHIND, SHUFFLE TURNING 1/4 LEFT

1,2,3&4. Rock R forward, recover L, turning 1/4 right quickly step on R, step L next to R, step R to right.
5,6,7&8. Turning 1/2 right, step on L, step R behind L. Turning 1/4 left shuffle LRL

***TAG AND RESTART: On wall 3, after 28 steps add a quick step L next to R, then Restart

***RESTART: on wall 7 after 16 steps

Last Update - 12 Sept. 2019- R2