

Heartache Medication

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Low Intermediate
編舞者: Tammy Bosse (USA) - July 2019
音樂: Heartache Medication - Jon Pardi



Begin after 16 counts

[1-8] STEP R, CROSS BEHIND & HEAL & CROSS, ¼ RIGHT WALK BACK, BACK, COASTER STEP

1,2 Step side RF, Cross LF behind
&3 &4 Step RF back, Touch L Heal FWD, Step LF in place, Cross RF over LF
5,6 Turn ¼ right walk back, L, R
7&8 Step Back LF, Step Back RF, Step Forward LF

[9-16] HIP BUMPS RIGHT, HIP BUMPS LEFT, TOUCH FRONT, BACK, COASTER STEP

1&2, 3&4 Moving forward, Bump hips R,L,R, L,R,L
5,6, 7&8 Touch RF Fwd, Touch RF Back, Step LF Back, Step RF Back, Step LF Forward

[17-24] STEP RIGHT, L TOE POINT, STEP LEFT, R TOE POINT, RIGHT JAZZ BOX ¼ CROSS

1,2,3,4 Step fwd RF, Point L toe side, Step fwd LF, point R toe side
5,6,7,8 Cross RF over LF, step back LF, 1/4 turn step side RF, cross LF

[25-32] RIGHT SIDE ROCK, CROSSING SHUFFLE, ¼ TURN, ½ TURN, SHUFFLE FWD

1,2, 3&4 Side rock RF, Recover weight LF, Cross RF over LF, Step side LF, Cross RF over LF
5,6, 7&8 ¼ turn R step Back LF, ½ turn R step Fwd RF, Step LF, Step RF, Step LF

Wall 3: after 24 counts – (12:00 front) add 4 sways (R, L, R, L) & Restart

Wall 4: after 24 counts (6:00 - back) - Restart

Wall 7: after 24 counts – (6:00 back) - Restart

Make a half turn after crossing shuffle to end facing FRONT wall □

Contact: Countrygirl@cox.net