

Heartache Medication

拍數: 32 牆數: 2 級數: Improver
編舞者: Micaela Svensson Erlandsson (SWE) - April 2022
音樂: Heartache Medication - Jon Pardi



*1 Tag on wall 3 after 24 counts (4 counts)

**2 Restarts 1st Restart on Wall 4 after 24 counts 2nd Restart on wall 7 after 24 counts
intro: 16 counts.

Section 1: Heel Switches & Heel. Hook. Heel.& Heel Switches. Heel. Hook. Heel.&

1& Touch right heel forward. Step right in place.
2& Touch left heel forward. Step left in place.
3& Touch right heel forward. Hook right foot over left foot.
4& Touch right heel forward. Step right in place.
5& Touch left heel forward. Step left in place.
6& Touch right heel forward. Step right in place.
7& Touch left heel forward. Hook left foot over right foot.
8& Touch left heel forward. Step left in place.

Section 2: Right Forward Shuffle. Left Forward Shuffle. Rock Step. Shuffle ½ Turn right.

1&2 Step forward on right. Step left beside right. Step forward on right.
3&4 Step forward on left. Step right beside left. Step forward on left.
5-6 Rock forward on right. Recover into left.
7&8 Shuffle ½ over your right shoulder moving backwards, stepping right, left, right.

Section 3: Full Turn. Forward Mambo. Back Shuffle. Coaster Step.

1-2 Make a Full Turn over your right shoulder, moving forward, stepping left, right.
3&4 Rock forward on left. Recover onto right. Step back on left.
5&6 Step back on right. Step left beside right. Step back on right.
7&8 Step back on left. Step right beside left. Step forward on left.

Tag here: On Wall 3 (Facing 6 o'clock)

**Restarts Here :

*1st Restart here: On Wall 4 (Facing 12 O'clock)

**2nd Restart here: On wall 7 (Facing 6 O'clock)

Section 4: Forward Shuffle. Rock Step. Full Turn back. Coaster Step.

1&2 Step forward on right. Step left beside right. Step forward on right.
3-4 Rock forward on left. Recover onto right.
5-6 Make a full turn over your left shoulder moving backwards stepping, left, right.
7&8 Step back on left. Step right beside left. Step forward on left

Tag: Step ½ Turn left. Step ½ Turn left.

1-4 Step forward on right. Turn ½ left. Step forward on right. Turn ½ left.

Easy Option: Replace the Full Turns in Section 3 & 4 With Walks.