

# Achy Heart - Losing My Mind

COPPERKNOB  
BYEPOSTETS

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Sue Korek (USA) - 30 December 2024  
音樂: Achy Breaky Heart - Billy Ray Cyrus  
或: I Heard It Through the Grapevine - Marvin Gaye



## Alternate Music:

I Heard It Through the Grapevine (HQ Remastered) (Marvin Gaye—26 August 1968) bpm=117, Intro: 32 counts start on vocals

No tags, no restarts

Intro: 16 counts

## Section 1 (POINT R FWD, POINT R SIDE, CROSS R, POINT L, L BEHIND-SIDE, CROSS SHUFFLE LRL)

1-2            Point R forward, point R side  
3-4            Cross R over L, point L side  
5-6            Step L behind R, step R beside L  
7&8            Cross L over R, step R beside L, cross L over R

## Section 2 (WEAVE RIGHT, SIDE SHUFFLE RLR, ROCK L BACK)

1-2            Step R right, step L behind R  
3-4            Step R right, step L across R  
5&6            Step R right, shuffle L beside R, step R right  
7-8            Rock L back, recover R

## Section 3 (WEAVE LEFT, SIDE SHUFFLE LRL, ¼ RIGHT TURN, ROCK L BACK)

1-2            Step L left, step R behind L  
3-4            Step L left, step R across L  
5&6            Step L left, shuffle R beside L, step L left  
7-8            ¼ turn right rock R back, recover L

## Section 4 (ROCK RECOVER, TRIPLE ¼ TURN RIGHT, ROCK RECOVER, TRIPLE ¼ TURN LEFT)

1-2            Rock R forward, recover on L  
3&4            Triple step RLR turning ¼ right (6:00)  
5-6            Rock L forward, recover on R  
7&8            Triple step LRL turning ¼ left (3:00)

Enjoy this Beginner dance with a challenging beginning, good weaves, and triple steps!

Contact: [suekorek@gmail.com](mailto:suekorek@gmail.com)

Last Update: 31 Dec 2024