

It's A Heartache

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Improver
編舞者: Cathleen Bossaller (USA) & Robin McCracken (USA)
音樂: It's a Heartache - Bonnie Tyler



STEP BRUSHES, BACK STEPS, COASTER STEP

1-2 Step forward right, brush left
3-4 Step forward left, brush right
5-6 Step back on right, step back on left
7&8 Step back on right, step left next to right, forward on right

TOE-HEEL, CROSS SHUFFLE, SIDE SHUFFLE, TURNING SHUFFLE

1-2 Touch left toe to right toe (toe pointed inward), touch left heel to right toe (toe pointed out)
3&4 Cross left over right, step right to side, cross left over right
5&6 Step right to right, close left to right, step right to right
7&8 Step left behind right, step back on right making $\frac{1}{4}$ left turn, close left next to right (9:00)

ROCK STEP, SHUFFLE FORWARD, JAZZ BOX WITH $\frac{1}{4}$ LEFT TURN

1-2 Rock back on right, forward on left
3&4 Step forward on right, forward on left, step right forward
5-6 Cross left over right, step back on right making $\frac{1}{4}$ left turn (6:00)
7-8 Step left to left, touch right to left

FULL ROLLING TURN TO RIGHT, SHIMMY TO LEFT

1-2 Step right to right beginning a full right turn, step left to continue turn
3-4 Step right to right to complete turn, touch left next to right
5-8 Step left to left side, hold, drag right for 2 counts to meet left in a touch while shimmying shoulders

Option: you may substitute a right vine in place of the full rolling right turn if desired.

Option 2: slow gentle hip sways (left, right, left) may be used in place of shimmy if preferred

REPEAT

When using the Bonnie Tyler music start on vocals (16 counts in). When using the Trick Pony remake it's a bit trickier. You may want to wait and start the dance on the 2nd verse, starting with "It's a fool's game"