

# Heartache

COPPER KNOB  
STEPSHEETS

拍數: 32      牆數: 4      級數: Improver  
編舞者: Rob McKean (CAN)  
音樂: Seven Year Ache - Rosanne Cash



## BASIC RUMBA BOX

1-4            Step side left on left, step together onto right, step forward on left, hold  
5-8            Step side right on right, step together onto left, step back on right, hold

## WALK BACK AND TOUCH, ¼ TURNING VINE RIGHT

9-12           Step back on the left, then the right, then the left, touch right toe beside left  
13-16          Step side right on the right, cross the left behind, make a ¼ turn to the right as you step on the right, scuff the left

## SIDE SHUFFLE & ROCK

17&18          Step side left, together on the right, then side left onto the left  
19-20          Rock back on the right, recover onto the left  
21&22          Step side right, together on the left, then side right onto the right  
23-24          Rock back on the left, recover onto the right

## WALK FORWARD AND SCUFF, ½ CHASE TURN LEFT

25-28          Walk forward on the left, right, left, then scuff the right forward  
29-32          Step forward on the right, make a ½ turn left on the right stepping together on the left, step forward on the right, touch the left beside the right

## REPEAT

To make this a more advanced level dance, substitute a full turn left with a touch for beats 9-12, a 1 ¼ rolling vine right with a scuff for beats 13-16, and a full turn right with a scuff for beats 25-28. Feel free to do all or only some of these substitutions.