

Heartache

拍數: 48 牆數: 4 級數: Improver
編舞者: Jacqueline Peters (UK)
音樂: When the Heartache Is Over - Tina Turner



SYNCOPATED VINE, COASTER STEP WITH ¼ TURN, WALK FORWARD

- 1-2 Step right to right side, cross left behind right
&3-4 Step right to right side, cross left over right, step right to right side
5&6 Step back on left making a ¼ turn left, step back on the right, step forward left
7-8 Step forward right, step forward left (or full turn over the left shoulder)

FORWARD SHUFFLES, SIDE TOE TOUCHES WITH CLAPS

- 9&10 Shuffle forward right, left, right
11&12 Shuffle forward left, right, left
13&14 Touch right toe to right side, bring it back to center as you touch left toe to left side
&15&16 Bring left toe to center as you touch right toe to right side, two claps

KICK BALL TOUCH, CROSS UNWIND, HEEL SWITCHES WITH CLAPS

- 17&18 Kick right foot forward, step right beside left, touch left to left side
19-20 Cross left over right, unwind ½ turn right
21& Touch right heel forward, bring it back to center
22& Touch left heel forward, bring it back to center
23&24 Touch right heel forward and clap twice
25-32 Repeat steps 17-24 again

HIP BUMPS FORWARD

- 33&34 Step down on that right foot as you push your right hip forward, push your left hip back, push your right hip forward
35&36 Step forward left as you push your left hip forward, push your right hip back, push your left hip forward
37-40 Repeat steps 33-36 again

GRAPEVINE (OR ROLLING VINE) TO THE RIGHT, THEN LEFT WITH CLAPS

- 41-42 Step right to right side, step left behind right
43-44 Step right to right side, touch left beside right with a clap
45-46 Step left to left side, step right behind left
47-48 Step left to left side, touch right beside left with a clap

REPEAT
