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It's a Heartache

Choreographer : Lorna Cairns
Level : Beginner
Counts : 32
Type of dance : 4 Wall
Intro : Start On It's A "HEARTACHE"
Music : It's a Heartache – by Derek Ryan

Restart During Walls 5 & 10 After 16 Counts

SEC 1) WALK FORWARD R,L,R, KICK L FORWARD, WALK BACK L,R,L, TOUCH

1-2 Walk forward right, walk forward left
3-4 Walk forward right, kick left foot forward
5-6 Walk back left, walk back right
7-8 Walk back left, touch right foot beside left

SEC2) STEP, KICK, STEP, BACK, TOUCH X2

1-2 Step forward right, kick forward left
3-4 Step back left, touch back right
5-6 Step forward right, kick forward left
7-8 Step back left, touch back right

(RESTART HERE WALLS 5 & 10)

SEC3) GRAPEVINE RIGHT, TOUCH, GRAPEVINE LEFT WITH ¼ TURN LEFT, BRUSH

1-2 Step right to right, cross left behind right
3-4 Step right to right, touch left next to right
5-6 Step left to left, cross right behind left 7-8 Turn ¼ left stepping forward on left, brush right forward

SEC4) STEP, BRUSH, STEP, BRUSH, ROCKING CHAIR

1-2 Step forward on right, brush left forward
3-4 Step forward on left, brush right forward
5-6 Rock forward on right, recover on to left
7-8 Rock back on right, recover on to left

Start Again

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