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| It's A Heartache |  |

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| **Count:** | 32 | **Wall:** | 4 | **Level:** | Beginner | . |
| **Choreographer:** | Carol Ann O'Brien (UK) - November 2014 |
| **Music:** | It's a Heartache - Derek Ryan |
| . |

**(Also can be danced to Jingle Bell Rock by Glee, with No Restarts)**

**Start on Vocals**

**JAZZ BOX, STOMP FORWARD, HIP BUMPS**

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| --- | --- |
| 1-2 | Cross right over left, step back on left |

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| --- | --- |
| 3-4 | Step right to right side, close left next to right |

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| --- | --- |
| 5-6 | Stomp right forward, stomp left forward |

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| --- | --- |
| 7-8 | Bump left, bump right (weight back on to left) |

**WALK FORWARD, SHUFFLE FORWARD, ROCK STEP, LEFT COASTER STEP**

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| --- | --- |
| 1-2 | Step right forward, step left forward |

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| --- | --- |
| 3&4 | Step right forward, close left beside right, step right forward |

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| --- | --- |
| 5-6 | Rock forward on left, weight back on right |

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| --- | --- |
| 7&8 | Step back on Left, Step right beside left, Step forward on left |

**CROSS ROCK, SIDE SHUFFLE, CROSS ROCK ¼ LEFT SHUFFLE FORWARD**

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| --- | --- |
| 1-2 | Cross right over left, weight back on left |

|  |  |
| --- | --- |
| 3&4 | Step right to right, close left beside right, step right to right side |

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| --- | --- |
| 5-6& | Cross left over right, weight back on right, ¼ turn left |

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| --- | --- |
| 7&8 | Step left forward, close right beside left, step left forward |

**PADDLE ROUND 4 ½ TURN LEFT**

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| --- | --- |
| 1-2 | Touch right toe forward pivot 1/8 turns Left. |

|  |  |
| --- | --- |
| 3-4 | Touch right toe forward, pivot 1/8 turn Left. |

|  |  |
| --- | --- |
| 5-6 | Touch right toe forward, pivot 1/8 turn Left. |

|  |  |
| --- | --- |
| 7-8 | Touch right toe forward, pivot 1/8 turn left |

**RESTART’S: WALLS 5-10 AFTER 16 COUNTS (facing 12 O’clock)**

**Contact: moonstone2@live.co.uk**

**Last Update – 25th Nov 2014**