

It's A Heartache (Reggae Cha Cha)

COPPER KNOB
STEPSHEETS

Count: 32

Wall: 4

Level: Beginner

Choreographer: Yuliana Chang (INA) - June 2025

Music: It's A Heartache - Kabingka Jade ft DJ John Paul Chacha Remix



4 Restart , No Tag

*Restart on wall 4,5,10,11

Sec 1 : Fwd Shuffle RL - Rocking Chair

1&2 Step Rf Fwd (1), Step Lf next to Rf (&), Step Rf Fwd (2)
3&4 Step Lf Fwd (3), Step Rf next to Lf (&), Step Lf Fwd (4)
5-6 Rock Rf Fwd (5), Recover on Lf (6)
7-8 Rock Rf Back (7), Recover on Lf (8)

Sec 2 : ½L Pivot, Fwd Shuffle - ½R Pivot, Fwd Shuffle

1-2 Step Rf Fwd (1), ½ L-Step Lf in place (2) (06.00)
3&4 Step Rf Fwd (3), Step Lf next to Rf (&), Step Rf Fwd (4)
5-6 Step Lf Fwd (5), ½ R-Step Rf in place (6) (12.00)
7&8 Step Lf Fwd (7), Step Rf next to Lf (&), Step Lf Fwd (8)

Sec 3 : Side Rock, Recover, Cross Shuffle - Side Rock, Recover, Coaster Step

1-2 Rock Rf to R side (1), Recover on Lf (2)
3&4 Cross Rf over Lf (3), Step Lf to L side (&), Cross Rf over Lf (4)
5-6 Rock Lf to L side (5), Recover on Rf (6)
7&8 Step Lf back (7), Step Rf next to Lf (&), Step Lf Fwd (8)

Sec 4 : Rock Fwd, Recover, ¼R Sailor Step - Fwd, Fwd, ½L Sailor Step

1-2 Rock Rf Fwd (1), Recover on Lf (2)
3&4 ¼R-Step Rf behind Lf (3), Step Lf to L side (&), Step Rf Fwd (4) (03.00)
5-6 Step Lf Fwd (5), Step Rf Fwd (6)
7&8 ½L-Step Lf behind Rf (7), Step Rf to R side (&), Step Lf Fwd (8) (09.00)

Good Luck & Enjoy It □□□□□□□□□□

Yuliana.Chang29@gmail.com