

Heartache Medication

COPPER KNOB
STEPSHEETS

Count: 32

Wall: 4

Level: Low Intermediate

Choreographer: Emily Kessler (USA) - July 2025

Music: Heartache Medication - Jon Pardi



Starts after 16 ct intro (0:14)

RESTARTS: 1st Restart is on the 3rd wall after 28cts, you will restart facing (3:00). 2nd Restart is on the 6th wall after 28cts, you will restart facing (6:00).

[&1-9]: x2 Brush Hook Brush Step, R Toe Touch, 1/8 turn left Step R, L Toe Touch, 1/8 turn left L side Step, R Toe Touch, Step diagonal R, Twist L Knee out in out (9:00)

&1&2 Brush R leg forward, Hook R over L bending L knee, brush R out, Set R down

&3&4 Brush L leg forward, Hook L over R bending R knee, brush L out, Set L down

&5&6 Touch R toes next to L, Step R to right with 1/8 turn over left shoulder, Touch L toes next to R, 1/8 turn over left shoulder Step L to left (9:00)

&7, &8&1 Touch R toes next to L, Push from left and Step R strongly out to right diagonal lifting L heel slightly, Twist L knee out, Twist L knee in, Twist L knee out

Styling - Slight body facing towards right diagonal in counts &7-9 (10:30)

[10-16]: Step L Down 1/4 turn with R Sweep, Half Mambo Step RL, Step R back Drag L, x2 Heel Stomps L, Step Side R, 1/4 Sailor turn (3:00)

2 Step L foot down 1/4 turn over left shoulder while sweeping R leg from back to front (6:00)

3&4 Step R Forward, Recover weight back on L, Big Step R back dragging L heel

5&6 Recover weight and tap L heel, tap L heel, Side Step R

7&8 Cross L behind R with 1/4 turn over left shoulder, Step R to meet L, Step L forward

[17-24]: x2 Walks forward RL, Shuffle RLR, Rock forward L, Recover R, 1/4 turn left Stepping L, 1/2 turn left Stepping R (6:00)

1, 2 Walk R forward, Walk L forward

3&4 Step R forward, Bring L to meet R, Step R forward

5, 6 Rock forward on L, Recover back on R

7, 8 1/4 turn over left shoulder stepping L to left, 1/2 turn continuing over left shoulder stepping R to right (6:00)

[25-32]: Sailor ending in 1/4 turn Heel Twist right, Rock R back, Recover L, Step R forward, 1/2 Pivot Stepping LR, Step L forward (3:00)

1&2 Cross L behind R, Step R to meet L, Step L forward and twist R heel out to 1/4 turn over right shoulder with weight ending on L

3, 4 Rock back on R, Recover forward on L

RESTARTS HAPPEN HERE ON WALL 3 (3:00) AND WALL 6 (6:00)

5, 6 Step R forward, Step L forward to 1/2 pivot over right shoulder

7, 8 Shift weight to R, Step L

Happy Dancing!

Any questions please email hi@liveloughline.dance