

# Heartache

Count: 32

Wall: 4

Level: Improver

Choreographer: Rob McKean (CAN)

Music: Seven Year Ache - Rosanne Cash



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## BASIC RUMBA BOX

- 1-4 Step side left on left, step together onto right, step forward on left, hold  
5-8 Step side right on right, step together onto left, step back on right, hold

## WALK BACK AND TOUCH, ¼ TURNING VINE RIGHT

- 9-12 Step back on the left, then the right, then the left, touch right toe beside left  
13-16 Step side right on the right, cross the left behind, make a ¼ turn to the right as you step on the right, scuff the left

## SIDE SHUFFLE & ROCK

- 17&18 Step side left, together on the right, then side left onto the left  
19-20 Rock back on the right, recover onto the left  
21&22 Step side right, together on the left, then side right onto the right  
23-24 Rock back on the left, recover onto the right

## WALK FORWARD AND SCUFF, ½ CHASE TURN LEFT

- 25-28 Walk forward on the left, right, left, then scuff the right forward  
29-32 Step forward on the right, make a ½ turn left on the right stepping together on the left, step forward on the right, touch the left beside the right

## REPEAT

To make this a more advanced level dance, substitute a full turn left with a touch for beats 9-12, a 1 ¼ rolling vine right with a scuff for beats 13-16, and a full turn right with a scuff for beats 25-28. Feel free to do all or only some of these substitutions.

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