

# Heal This Heartbreak

COPPER KNOB  
STEPSHEETS

Count: 64      Wall: 4      Level: Intermediate  
Choreographer: Dee Musk (UK) - November 2009  
Music: Heal This Heartbreak - JLS : (Album: JLS)



**48 Count Intro. Approx 23 seconds. Start when the beat kicks in; when JLS sing 'How can I fight' - Track approx 3 mins 44 secs bpm 128**

**FORWARD ROCK RECOVER STEP BACK, BACK ROCK RECOVER STEP FORWARD, SHUFFLE FORWARD.**

- 1,2      Rock forward on R, recover weight to L.
- 3      Step back on R.
- 4,5      Rock back on L, recover weight to R.
- 6      Step forward on L.
- 7&8      Shuffle forward stepping R,L,R. (12 o'clock).

**STEP ¼ TURN R CROSS SIDE, BEHIND SIDE CROSS, ROCK ¼ TURN L.**

- 1,2      Step forward on L, make a ¼ turn R.
- 3,4      Cross step L over R, step R to R side.
- 5&6      Cross step L behind R, step R to R side, cross step L over R.
- 7,8      Rock R to R side, recover making a ¼ turn L. (Weight forward on L). (12 o'clock).

**R CROSS POINT, L CROSS POINT, STEP ½ TURN L, ½ TURN L, ¼ TURN L.**

- 1,2      Cross step R over L, point L to L side.
- 3,4      Cross step L over R, point R to R side.
- 5,6      Step forward on R, make a ½ turn L.
- 7,8      Make a ½ turn L stepping back on R, make a ¼ turn L stepping L to L side. (9 o'clock).

**CROSS ROCK, CHASSE R, CROSS SIDE, L SAILOR STEP.**

- 1,2      Cross rock R over L, recover weight to L.
- 3&4      Step R to R side, close L beside R, step R to R side.
- 5,6      Cross step L over R, step R to R side.
- 7&8      Cross step L behind R, step R to R side, step L in place. (9 o'clock).

**TOUCH ½ TURN R, CROSS SIDE, BEHIND & HEEL, HOLD & CROSS.**

- 1,2      Touch R toe back, make a ½ turn R. (Weight forward on R).
- 3,4      Cross step L over R, step R to R side.
- 5&6      Cross step L behind R, step R to R side, touch L Heel to L diagonal.
- 7&8      Hold count 7, step L beside R, cross step R over L. (3 o'clock).

**SIDE BEHIND SIDE HEEL HOLD, & CROSS SIDE TOUCH ½ TURN L.**

- 1,2      Step L to L side, cross step R behind L.
- &3,4      Step L to L side, touch R heel to R diagonal, hold count 4.
- &5,6      Close R beside L, cross step L over R, step R to R side.
- 7,8      Touch L toe back, make a ½ turn L. (Weight forward on L). (9 o'clock).

**ROCKING CHAIR, STEP ½ TURN L, FULL TURN L.**

- 1,2      Rock forward on R, recover weight to L.
  - 3,4      Rock back on R, recover weight to L.
  - 5,6      Step forward on R, make a ½ turn L.
  - 7,8      Full turn left travelling forward stepping back on R and forward on L. (3 o'clock).
- (easier option for counts 7,8 – walk forward R, L.)

**FORWARD ROCK RECOVER ½ TURN R, FORWARD ROCK RECOVER ½ TURN L, STEP ½ TURN L.**

- 1-3           Rock forward on R, recover weight to L, make a ½ turn R stepping forward on R.  
4-6           Rock forward on L , recover weight to R, make a ½ turn L stepping forward on L.  
7,8           Step forward on R, make a ½ turn L. (Weight forward on L). (9 o'clock).

**deemusk@btinternet.com Dee – 07814 295470**

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