

# Achy Heart - Losing My Mind

**COPPER** KNOB  
BY STEPHEN

**Compte:** 32

**Mur:** 4

**Niveau:** Beginner

**Chorégraphe:** Sue Korek (USA) - 30 December 2024

**Musique:** Achy Breaky Heart - Billy Ray Cyrus

ou: I Heard It Through the Grapevine - Marvin Gaye



## Alternate Music:

I Heard It Through the Grapevine (HQ Remastered) (Marvin Gaye—26 August 1968) Intro: 32 counts start on vocals, bpm=117

**No tags, no restarts**

**Intro: 16 counts**

## Section 1 (POINT R FWD, POINT R SIDE, CROSS R, POINT L, L BEHIND-SIDE, CROSS SHUFFLE LRL)

- 1-2 Point R forward, point R side
- 3-4 Cross R over L, point L side
- 5-6 Step L behind R, step R beside L
- 7&8 Cross L over R, step R beside L, cross L over R

## Section 2 (WEAVE RIGHT, SIDE SHUFFLE RIGHT, ROCK)

- 1-2 Step R right, step L behind R
- 3-4 Step R right, step L across R
- 5&6 Step R right, shuffle L beside R, step R right
- 7-8 Rock L back, recover R

## Section 3 (WEAVE LEFT, SIDE SHUFFLE LEFT, 1/4 TURN RIGHT, ROCK)

- 1-2 Step L left, step R behind L
- 3-4 Step L left, step R across L
- 5&6 Step L left, shuffle R beside L, step L left
- 7-8 1/4 turn right rock R back, recover L

## Section 4 (ROCK, 1/4 TURN RIGHT SHUFFLE, ROCK, 1/4 TURN LEFT SHUFFLE)

- 1-2 Rock R forward, recover on L
- 3&4 1/4 turn right shuffle forward (6:00)
- 5-6 Rock L forward, recover on R
- 7&8 1/4 turn left shuffle forward (3:00)

**Enjoy this Beginner dance with a challenging beginning, good weaves, and shuffle steps!**

**Contact:** [suekorek@gmail.com](mailto:suekorek@gmail.com)

**Last Update:** 8 Apr 2025