

# Heartache Medication

**COPPER** KNOB  
STEPSHEETS

拍数: 32      墙数: 2      级数: Improver  
编舞者: Micaela Svensson Erlandsson (SWE) - April 2022  
音乐: Heartache Medication - Jon Pardi



\*1 Tag on wall 3 after 24 counts (4 counts)

\*\*2 Restarts 1st Restart on Wall 4 after 24 counts 2nd Restart on wall 7 after 24 counts  
intro: 16 counts.

## Section 1: Heel Switches & Heel. Hook. Heel.& Heel Switches. Heel. Hook. Heel.&

- 1& Touch right heel forward. Step right in place.
- 2& Touch left heel forward. Step left in place.
- 3& Touch right heel forward. Hook right foot over left foot.
- 4& Touch right heel forward. Step right in place.
- 5& Touch left heel forward. Step left in place.
- 6& Touch right heel forward. Step right in place.
- 7& Touch left heel forward. Hook left foot over right foot.
- 8& Touch left heel forward. Step left in place.

## Section 2: Right Forward Shuffle. Left Forward Shuffle. Rock Step. Shuffle ½ Turn right.

- 1&2 Step forward on right. Step left beside right. Step forward on right.
- 3&4 Step forward on left. Step right beside left. Step forward on left.
- 5-6 Rock forward on right. Recover into left.
- 7&8 Shuffle ½ over your right shoulder moving backwards, stepping right, left, right.

## Section 3: Full Turn. Forward Mambo. Back Shuffle. Coaster Step.

- 1-2 Make a Full Turn over your right shoulder, moving forward, stepping left, right.
- 3&4 Rock forward on left. Recover onto right. Step back on left.
- 5&6 Step back on right. Step left beside right. Step back on right.
- 7&8 Step back on left. Step right beside left. Step forward on left.

Tag here: On Wall 3 (Facing 6 o'clock)

\*\*Restarts Here :

\*1st Restart here: On Wall 4 (Facing 12 O'clock)

\*\*2nd Restart here: On wall 7 ( Facing 6 O'clock)

## Section 4: Forward Shuffle. Rock Step. Full Turn back. Coaster Step.

- 1&2 Step forward on right. Step left beside right. Step forward on right.
- 3-4 Rock forward on left. Recover onto right.
- 5-6 Make a full turn over your left shoulder moving backwards stepping, left, right.
- 7&8 Step back on left. Step right beside left. Step forward on left

Tag: Step ½ Turn left. Step ½ Turn left.

- 1-4 Step forward on right. Turn ½ left. Step forward on right. Turn ½ left.

Easy Option: Replace the Full Turns in Section 3 & 4 With Walks.