

Sea of Heartbreak

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Count: 32

Wall: 4

Level: High Beginner Two Step

Choreographer: Niels Poulsen (Denmark) October 2009

Music: Sea of Heartbreak by Rosanne Cash feat. Bruce Springsteen

Intro: 16 counts from first beat in music (app. 11 seconds into track).

Start with weight on L foot.

(1 - 8) Walk fw R, $\frac{1}{4}$ R, sailor $\frac{1}{4}$ R, walk fw L, walk fw R, $\frac{1}{4}$ side rock cross

- 1 - 2 Walk fw R (1), turn $\frac{1}{4}$ R stepping L to L side (2) 3:00
- 3&4 Cross R behind L (3), turn $\frac{1}{4}$ R stepping L a small step to L side (&), step fw R (4) 6:00
- 5 - 6 Walk fw L (5), walk fw R (6) 6:00
- 7&8 Turn $\frac{1}{4}$ R rocking L to L side (7), recover weight on R (&), cross L over R (8) 9:00

(9 - 16) Side R, together L, R back lock step, side L, together R, L step lock step

- 1 - 2 Step R to R side (1), step L next to R (2) 9:00
- 3&4 Step back on R (3), lock L over R (&), step back on R (4) 9:00
- 5 - 6 Step L to L side (5), step R next to L (6) 9:00
- 7&8 Step fw on L (7), lock R behind L (&), step fw on L (8) * Restart on 5th wall, facing 9:00 9:00

(17 - 24) Step $\frac{1}{2}$ L, R shuffle $\frac{1}{2}$ L, back rock L, L shuffle $\frac{1}{2}$ R

- 1 - 2 Step fw on R (1), turn $\frac{1}{2}$ L stepping onto L (2) 3:00
- 3&4 Turn $\frac{1}{2}$ L stepping back on R (3), step L next to R (&), step back on R (4) 9:00
- 5 - 6 Rock back on L (5), recover weight to R (6) 9:00
- 7&8 Turn $\frac{1}{2}$ R stepping back on L, step R next to L (&), step back on L 3:00

Note: non turny option for shuffle $\frac{1}{2}$ turns are to do regular shuffles forward and back

(25 - 32) R back rock, R kick ball change, R & L side switches, R & L heel switches

- 1 - 2 Rock back on R (1), recover weight to L (2) 3:00
- 3&4 Kick R foot fw (3), step R next to L (&), change weight to L (4) 3:00
- 5&6& Point R to R side (5), step R next to L (&), point L to L side (6), step L next to R (&) 3:00
- 7&8& Touch R heel fw (7), step R next to L (&), touch L heel fw (8), step L next to R (&) 3:00

Begin again!...

***Restart: During 5th wall, after 16 counts, facing 9:00.**

Ending: You'll start your 9th wall facing 6:00. To end facing 12:00 do counts 1-8, when doing count 9 you turn $\frac{1}{4}$ L stepping back on R foot.

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