

IT'S A HEARTACHE

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Count: 64

Wall: 4

Level: beginner/intermediate

Choreographer: Michael Vera-Lobos

Music: It's A Heartache by Trick Pony

CROSS ROCK, REPLACE, SIDE, CROSS, SIDE ROCK CROSS, $\frac{1}{4}$ RIGHT, $\frac{1}{2}$ RIGHT

1-2-3-4 Cross rock right over left, rock back on left, step right to right, cross left over right

5&6-7-8 Side rock right to right & replace weight on left, cross right over left, turn $\frac{1}{4}$ right stepping back on left, turn $\frac{1}{2}$ right stepping onto right (9:00)

ROCK FORWARD, REPLACE, LEFT COASTER, STEP FORWARD, $\frac{1}{4}$ PIVOT LEFT, STEP FORWARD, $\frac{1}{4}$ PIVOT LEFT

1-2-3&4 Rock forward left, rock back on right, step back left & step right beside left, step forward on left

5-6-7-8 Step forward right, pivot $\frac{1}{4}$ left, step forward right, pivot $\frac{1}{4}$ left (3:00)

CROSS, $\frac{1}{4}$ RIGHT, ROCK BACK, REPLACE, FULL TURN FORWARD LEFT, STEP FORWARD, $\frac{1}{4}$ PIVOT LEFT

1-2-3-4 Cross right over left, turn $\frac{1}{4}$ right stepping back onto left, rock back right, rock forward left (6:00)

5-6-7-8 Turn a full forward over left stepping right then left, step forward right, pivot $\frac{1}{4}$ left (3:00)

End weight left

CROSS, STEP SIDE, RIGHT SAILOR STEP, TOUCH BEHIND, $\frac{1}{2}$ UNWIND LEFT, STEP FORWARD, $\frac{1}{2}$ PIVOT LEFT

1-2-3&4 Cross right over left, step left to left, cross right behind left & rock left to left, rock center on right

5-6-7-8 Touch left toe behind right, unwind $\frac{1}{2}$ left (end weight left), step forward right, pivot $\frac{1}{2}$ left (3:00) end weight left

ROCK FORWARD, REPLACE, SHUFFLE BACK, ROCK BACK, REPLACE, TURN FORWARD $\frac{1}{2}$ RIGHT, $\frac{1}{4}$ RIGHT

1-2-3&4 Rock forward right, rock back on left, shuffle back on right stepping right, left, right

5-6-7-8 Rock back on left, rock forward right, traveling forward turn $\frac{1}{2}$ right stepping onto left, turn a further $\frac{1}{4}$ right ending with right to right side (12:00)

End weight on right

CROSS ROCK, REPLACE, STEP SIDE, CROSS, SIDE SHUFFLE $\frac{1}{4}$ RIGHT, $\frac{1}{4}$ ROCK RIGHT, REPLACE

1-2-3-4 Cross rock left over right, rock back on right, step left to left, cross right over left

5&6-7-8 Step left to left & step right beside left, step left to left turning $\frac{1}{4}$ right, turn a further $\frac{1}{4}$ right rocking right to right, replace weight on left (6:00)

CROSS, HOLD, BALL CROSS, STEP SIDE, BEHIND, HOLD, SIDE/ CROSS TOUCH, $\frac{3}{4}$ LEFT

1-2&3-4 Cross right over left, hold, stepping onto left cross right over left, step left to left

5-6&7-8 Cross right behind left, hold & stepping left to left cross touch right over left (weight left), unwind $\frac{3}{4}$ left (end weight left) (9:00)

ROCK FORWARD, REPLACE, COASTER, STEP FORWARD, $\frac{1}{2}$ LEFT, $\frac{1}{2}$ SHUFFLE LEFT

1-2-3&4 Rock forward right, rock back left, step back right & step left beside right, step forward on right

5-6-7&8 Step forward left, travel forward turn $\frac{1}{2}$ left stepping onto right, turn a further $\frac{1}{2}$ left to shuffle left, right, left

REPEAT

RESTART

On wall 3 dance to count 16 & start again

On wall 5 dance to count 56 & start again