

The Heartache's on me

Choreographed by Fred & Heather staddon 01603 749058 June 2010
Frederick.staddon@ntlworld.com

Description 64 count partner dance both same footwork lady face RLOD Man face LOD
Hands free

Music Tonight The Heartache's on me by the Dixie Chick's cd Wide Open Spaces
I'm living for you by Jamie O'Hara cd rise above it

Right shoulder to right shoulder lady on right side of man lady facing RLOD man facing LOD
Walk forward shuffle forward step kick coaster step rock recover ½ turn left shuffle

1-12

1-2 3&4 walk forward right left right shuffle forward

1-2 3&4 step forward left kick right forward step back right left together right step forward

1-2 3&4 rock forward left recover right ½ turn shuffle over left should

Walk forward shuffle forward step kick coaster step rock forward recover back shuffle
Man ½ turn shuffle

1-12

1-2 3&4 walk forward right left right shuffle forward

1-2 3&4 step forward left kick right forward step back right left together right step forward

1-2 3&4 lady left rock forward recover right left shuffle back

Man rock forward left recover right ½ turn left shuffle over left should

Step right ¼ turn left right cross shuffle, pick up hands behind mans back face inside LOD lady behind man

Step left side right behind ¼ shuffles left pivot ½ turn ½ turn shuffle backwards in hammer lock

Pick up left hands and right hands then drop left hands as you pivot then pick up left hands in front right hands behind as you shuffle back

1.12

1-2 3&4 step right making a ¼ turn left right cross shuffle

1-2 3&4 steps left to side right behind left ¼ turn left shuffle

1-2 3&4 step right pivots ½ left keep turning left ½ turn right shuffle backwards facing RLOD

Walk back shuffle back rock back recover shuffle forward pivot ½ turn

1.12

1-2 3&4 walk back left right left shuffle back

1-2 3&4 rock back right recover left right shuffle forward

1-2 3&4 step left forward pivot ½ turn right left shuffle lod

Both cross rock recover shuffle forward lady ½ turn right in front of man

1.12

1-2 3&4 cross right over left cross rock recover right forward shuffle

1-2 3&4 cross left over right cross rock recover left forward shuffle

1-2 3&4 lady ½ turn right stepping right left right shuffle back RLOD

Man walk forward right left right shuffle forward

Rock recover coaster step

4 count

1-2 3&4 lady rock back left recover right step back left right together left step forward

Man rock forward left recover right step back left right together left step forward

Start again