

# Sea Of Heartbreak

32 Count, 4 Wall, Improver

Koreograf: Niels Poulsen (DK) Nov 09

Musik: **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.

## Walk Fw R, ¼ R, Sailor ¼ R, Walk Fw L, Walk Fw R, ¼ Side Rock Cross

1 – 2 Walk fw R (1), turn ¼ R stepping L to L side (2) [3:00]

3 & 4 Cross R behind L (3), turn ¼ 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 ¼ R rocking L to L side (7), recover weight on R (&), cross L over R (8) [9:00]

## 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

## Step ½ L, R Shuffle ½ L, Back Rock L, L Shuffle ½ R

1 – 2 Step fw on R (1), turn ½ L stepping onto L (2) [3:00]

3 & 4 Turn ½ 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 ½ R stepping back on L, step R next to L (&), step back on L [3:00]

Note: non turny option for shuffle ½ turns are to do regular shuffles forward and back

## 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]

**RESTART:** DURING 5th wall, AFTER 16 counts, facing 9:00.

## **ENDING:**

Start 9th wall facing 6:00. To end facing 12:00 do counts 1-8, when doing count 9 you turn ¼ L stepping back on R foot.