

Sea of Heartbreak

Choreographer: Niels Poulsen (Denmark)

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Type of dance: 32 counts, 4 walls, Two-step rhythm
 Level: High beginner
 Music: **Sea of Heartbreak** by Rosanne Cash feat. Bruce Springsteen. Buy on iTunes.
 Intro: 16 counts from first beat in music (app. 11 seconds into track). Start with weight on L foot
 1 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 ¼ L stepping back on R foot.

Counts	Footwork	You face
1 – 8	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
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 5 th wall, facing 9:00	9:00
17 – 24	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
	<i>Note: non turny option for shuffle ½ turns are to do regular shuffles forward and back</i>	
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!...	
Note	OPTIONAL musical interpretation of steps: On wall 1, 3 and 6 replace counts 7&8& in last section (counts 25-32) with:	
7 - 8	Step R to R side (7), step L next to R (8) (these steps will fit the break in the music)	