

Sea Of Heartbreak

32 Count, 4 Wall, Improver

Choreographer: Niels Poulsen (DK) Nov 09

Choreographed to: 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, 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 5th wall, facing 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]
Note: non turny option for shuffle ½ 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]

*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.