



Dance: **It's A Heartache**  
Type: 32 Count, 4 Wall, Beginner  
Choreographer: Lorna Cairns (SCO), March 2024  
Choreographed to: It's A Heartache by Derek Ryan (127 bpm, 3:31 min)

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Intro: Start after count 16, on the word "Heartache"

**Section 1 Walk x 3, Kick, Walk Back x 3, Touch**

1-4	Walk forward stepping right, left. Right. Kick left forward	Walk, walk, walk, kick
5-8	Walk back stepping left, right, left. Touch right beside left	Back, back, back touch

**Section 2 (Step, Kick, Back Touch) x 2**

1,2	Step right forward. Kick left forward	Step, kick
3,4	Step left back. Touch right back	Back, touch
5,6	Step right forward. Kick left forward	Step, kick
7,8*	Step left back. Touch right back	Back, touch

**Section 3 Vine Right Touch, Vine 1/4 Left Brush**

1,2	Step right to right side. Cross left behind right	Side, behind
3,4	Step right to right side. Touch left beside right	Side, touch
5,6	Step left to left side. Cross right behind left	Side, behind
7,8	Step left 1/4 turn left (9:00). Brush right	Turn, touch

**Section 4 (Step, Brush) x 2, Rocking Chair**

1,2	Step right forward. Brush left	Step, brush
3,4	Step left forward Brush right	Step, brush
5-8	Rock forward on right. Recover on left. Rock back on right. Recover on left	Rocking chair

**Restart \* Walls 5 & 10 (12:00) after 16 Counts (restart facing 12:00)**

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