

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 5 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) | |