

'Heal This Heartbreak'

Choreographer Dee Musk (UK) November 2009

64 Count 4 Wall Intermediate Dance

Music:- 'Heal This Heartbreak' JLS from the album "JLS" **downloadable from iTunes.**

48 Count Intro. Approx 23 seconds. Start when the beat kicks in; when JLS sing 'How can I fight' - Track approx 3 mins 44 secs bpm 128

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FORWARD ROCK RECOVER STEP BACK, BACK ROCK RECOVER STEP FORWARD, SHUFFLE FORWARD.

- 1,2 Rock forward on R, recover weight to L.
- 3 Step back on R.
- 4,5 Rock back on L, recover weight to R.
- 6 Step forward on L.
- 7&8 Shuffle forward stepping R,L,R. **(12 o'clock).**

STEP ¼ TURN R CROSS SIDE, BEHIND SIDE CROSS, ROCK ¼ TURN L.

- 1,2 Step forward on L, make a ¼ turn R.
- 3,4 Cross step L over R, step R to R side.
- 5&6 Cross step L behind R, step R to R side, cross step L over R.
- 7,8 Rock R to R side, recover making a ¼ turn L. (Weight forward on L). **(12 o'clock).**

R CROSS POINT, L CROSS POINT, STEP ½ TURN L, ½ TURN L, ¼ TURN L.

- 1,2 Cross step R over L, point L to L side.
- 3,4 Cross step L over R, point R to R side.
- 5,6 Step forward on R, make a ½ turn L.
- 7,8 Make a ½ turn L stepping back on R, make a ¼ turn L stepping L to L side. **(9 o'clock).**

CROSS ROCK, CHASSE R, CROSS SIDE, L SAILOR STEP.

- 1,2 Cross rock R over L, recover weight to L.
- 3&4 Step R to R side, close L beside R, step R to R side.
- 5,6 Cross step L over R, step R to R side.
- 7&8 Cross step L behind R, step R to R side, step L in place. **(9 o'clock).**

TOUCH ½ TURN R, CROSS SIDE, BEHIND & HEEL, HOLD & CROSS.

- 1,2 Touch R toe back, make a ½ turn R. (Weight forward on R).
- 3,4 Cross step L over R, step R to R side.
- 5&6 Cross step L behind R, step R to R side, touch L Heel to L diagonal.
- 7&8 Hold count 7, step L beside R, cross step R over L. **(3 o'clock).**

SIDE BEHIND SIDE HEEL HOLD, & CROSS SIDE TOUCH ½ TURN L.

- 1,2 Step L to L side, cross step R behind L.
- &3,4 Step L to L side, touch R heel to R diagonal, hold count 4.
- &5,6 Close R beside L, cross step L over R, step R to R side.
- 7,8 Touch L toe back, make a ½ turn L. (Weight forward on L). **(9 o'clock).**

ROCKING CHAIR, STEP ½ TURN L, FULL TURN L.

- 1,2 Rock forward on R, recover weight to L.
- 3,4 Rock back on R, recover weight to L.
- 5,6 Step forward on R, make a ½ turn L.
- 7,8 Full turn left travelling forward stepping back on R and forward on L. **(3 o'clock).**
(easier option for counts 7,8 – walk forward R, L.)

FORWARD ROCK RECOVER ½ TURN R, FORWARD ROCK RECOVER ½ TURN L, STEP ½ TURN L.

- 1-3 Rock forward on R, recover weight to L, make a ½ turn R stepping forward on R.
- 4-6 Rock forward on L, recover weight to R, make a ½ turn L stepping forward on L.
- 7,8 Step forward on R, make a ½ turn L. (Weight forward on L). **(9 o'clock).**