



Sea Of Heartbreak

Choreographed by Niels B. Poulsen

Description: 32 count, 4 wall, beginner/intermediate line dance

Music: **Sea Of Heartbreak** by Rosanne Cash Feat. Bruce Springsteen
[CD: The List / Available on iTunes]

Intro: 16 counts from first beat in music

STEP RIGHT FORWARD, $\frac{1}{4}$ RIGHT, SAILOR $\frac{1}{4}$ RIGHT, STEP LEFT FORWARD, STEP RIGHT FORWARD, $\frac{1}{4}$ SIDE ROCK CROSS

1-2 Step right forward, turn $\frac{1}{4}$ right and step left to side (3:00)
3&4 Cross right behind left, turn $\frac{1}{4}$ right and step left a small step to left side, step forward right (6:00)
5-6 Step left forward, step right forward (6:00)
7&8 Turn $\frac{1}{4}$ right and rock left to side, recover to right, cross left over right (9:00)

SIDE RIGHT, TOGETHER LEFT, RIGHT BACK LOCK STEP, SIDE LEFT, TOGETHER RIGHT, LEFT STEP LOCK STEP

1-2 Step right to side, step left together (9:00)
3&4 Step right back, lock left over right, step right back (9:00)
5-6 Step left to side, step right together (9:00)
7&8 Locking chassé forward left, right, left

Restart on 5th wall, facing 9:00

STEP $\frac{1}{2}$ LEFT, RIGHT SHUFFLE $\frac{1}{2}$ LEFT, BACK ROCK LEFT, LEFT SHUFFLE $\frac{1}{2}$ RIGHT

1-2 Step right forward, turn $\frac{1}{2}$ left and step to left (3:00)
3&4 Turn $\frac{1}{2}$ left and step right back, step left together, step right back (9:00)
5-6 Rock left back, recover to right (9:00)
7&8 Turn $\frac{1}{2}$ right and step left back, step right together, step left back (3:00)

Non turning option for shuffle $\frac{1}{2}$ turns are to do regular shuffles forward and back

RIGHT BACK ROCK, RIGHT KICK BALL CHANGE, RIGHT & LEFT SIDE SWITCHES, RIGHT & LEFT HEEL SWITCHES

1-2 Rock right back, recover to left (3:00)
3&4 Kick right forward, step right together, change weight to left (3:00)
5&6& Touch right to side, step right together, touch left to side, step left together (3:00)
7&8& Touch right heel forward, step right together, touch left heel forward, step left together (3:00)

REPEAT

RESTART

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 $\frac{1}{4}$ left and step right foot back

Niels B. Poulsen | Website: <http://www.love-to-dance.dk>
Address: Løgeskov 36, 5771 Stenstrup, Denmark | Phone: 0045 2819 2186

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