



# Sea of Heartbreak

**32 Counts – 4 Wall Dance - Level: High Beginner Two Step**

**Choreographer:** Niels Poulsen (Denmark) October 2009

**Music:** Sea of Heartbreak by Rosanne Cash feat. Bruce Springsteen

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**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

**Begin again!...**

**\*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.**

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