

Once Upon



Peter Metelnick

Heartbreak Express

4 WALL – 32 COUNTS – INTERMEDIATE			
STEPS	Actual Footwork	Calling Suggestion	DIRECTION
Section 1	Side, Behind, Heel Ball Cross, Right Side Rock & Cross Shuffle		
1 – 2	Step right to right side. Cross left behind right.	Step Behind	Right
3 & 4	Touch right heel forward. Step right beside left. Cross left over right.	Heel Ball Cross	
5 – 6	Rock right to right side. Rock weight onto left in place.	Side Rock	On the spot
7 & 8	Cross right over left. Step left to left side. Cross right over left.	Cross Step Cross	Left
Section 2	Side, Behind, Heel Ball Cross, Rock 1/4 Turn Right, Shuffle Forward		
1 – 2	Step left to left side. Cross right behind left.	Step Behind	Left
3 & 4	Touch left heel forward. Step left beside right. Cross right over left.	Heel Ball Cross	
5 – 6	Rock left to left side. Recover onto right making 1/4 turn right.	Rock Turn	Turning right
7 & 8	Step forward left. Close right beside left. Step forward left.	Shuffle Step	Forward
Section 3	Forward Steps, Kick Ball Change, Step 1/4 Turn Left x 2		
1 – 2	Step forward right. Step forward left.	Right Left	Forward
3 & 4	Kick right forward. Step right beside left. Step left in place.	Kick Ball Change	On the spot
5 – 6	Step forward right. Pivot 1/4 turn left.	Step Turn	Turning left
7 – 8	Step forward right. Pivot 1/4 turn left. Step Turn		
Section 4	Rock Step, Shuffle 1/2 Turn Right, Rock Step, Coaster Cross		
1 – 2	Rock forward on right. Rock back onto left.	Rock Step	On the spot
3 & 4	Shuffle step 1/2 turn right, stepping – Right, Left, Right.	Shuffle Turn	Turning right
5 – 6	Rock forward on left. Rock back onto right.	Rock Step	On the spot
7 & 8	Step back left. Step right beside left. Cross left over right.	Coaster Cross	

Choreographed by: Peter Metelnick July 98

Choreographed to: 'Tonight The Heartache's On Me' by Dixie Chicks (120 bpm) from 'Wide Open Spaces' album. Start dance when the 'Chicks' sing "...out the door", the first step of the dance is on the word 'door'.

Music Suggestions: 'It Took Us All Night Long To Say Goodbye' by Gary Allen, 'If You're Ever Down In Dallas' by Lee Ann Womack



A video clip of this www.linedancerweb.com

