## STEPPIN'OFF



**THEPage** 



Approved by:



## Heart-Sore

2 WALL - 32 COUNTS - BEGINNER			
STEPS	Actual Footwork	Calling Suggestion	DIRECTION
Section 1	Heel Touches With 1/4 Turn Right		
1 - 2	Touch right heel forward. Step right beside left.	Heel Together	On the spot
3 - 4	Touch left heel forward. Step left beside right.	Heel Together	
5 - 6	Make 1/4 turn right and touch right heel forward. Step right beside left.	Turn Together	Turning right
7 - 8	Touch left heel forward. Step left beside right. (3:00)	Heel Together	On the spot
Section 2	Walk x 3, Swing, Step Back, Swing, Step Back, Swing		
1 - 4	Walk forward - right, left, right. Swing left foot out to left side.	Right Left Right Swing	Forward
5 - 6	Step left back. Flick right out to right side.	Back Swing	Back
7 - 8	Step right back. Flick left out to left side.	Back Swing	
Section 3	Slow Coaster Step, Stomp, Heel Bounces 1/4 Turn Left, Hold		
1 - 4	Step left back. Step right beside left. Step left forward. Stomp right forward.	Coaster Stomp	Forward
& 5	Raise both heels. Drop heels (with a little tap).	Heel Bounce	On the spot
& 6	Turn 1/8 left and raise heels. Drop heels (with a little tap).	Heel Turn	Turning left
& 7	Turn 1/8 left and raise heels. Drop heels (with a little tap). (12:00)	Heel Turn	
8	Hold.	Hold	On the spot
Section 4	Slow Coaster Step, Hold, Step, Hold, Pivot 1/2Turn Left, Hold		
1 - 4	Step left back. Step right beside left. Step left forward. Hold.	Coaster Step Hold	On the spot
5 - 6	Step right forward. Hold.	Step Hold	Forward
7 - 8	Pivot 1/2 turn left. Hold. (6:00)	Pivot Hold	Turning left

Choreographed by: Susanne Mose Nielsen (DK) April 2007

Choreographed to: 'Nothin' For A Broken Heart' by Vince Gill feat Rodney Crowell (160 bpm) from CD These Days,

also available as single download (32 count intro)

Music Suggestion: 'Patient Heart' by Bekka & Billy or by The Dean Brothers (140 bpm) from CD A Chance To Dance 4

(8 beat after heavy beat)

Choreographer's note: Music is not evenly phrased but I have purposely avoided using tags so the dance can be enjoyed by beginners.