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Nothing Hurts Like A Heartache

64 Count, 4 Wall, Improver

Choreographer: Marie Sørensen (Sunshine Cowgirl)
(Denmark) February 2013

Choreographed to: Nothing Hurts Like A Heartache by John
Derek Ryan, CD Single (iTunes)

Intro: 36 Count

1 TOE STRUT, RIGHT, LEFT, ROCK, RECOVER, STEP BACK, HOLD

1-4 Tap right toe fwd, drop right heel. Tap left fwd. drop left heel

5-6 Rock fwd. right, recover

7-8 Step back on right, hold (12:00)

2 TOE STRUT BACK LEFT, RIGHT, BACK ROCK, RECOVER, 1/4 TURN LEFT, HOLD

1-2 Tap left toe back, drop left heel

3-4 Tap right heel back, drop right heel

5-6 Back rock left, recover

7-8 1/4 turn right, step left to left side, hold (03:00)

3 BEHIND SIDE, CROSS, HOLD, POINT, TOUCH, POINT, HOLD

1-2 Cross right behind left, step left to left side

3-4 Cross right over left, hold

5-6 Point left to left side, touch left beside right

7-8 Point left to left side, hold (03:00)

4 BEHIND, SIDE, CROSS, HOLD, BEHIND, SIDE, CROSS, HOLD

1-2 Cross left behind right, step right to right side

3-4 Cross left over right, hold

5-6 Cross right behind left, step left to left side

7-8 Cross right over left, hold (03:00)

Restart the dance at this point, during wall 5 –

Instead of cross right over left on count 7, do a touch with right beside left, hold on count 8

5 CHASSE 1/4 TURN LEFT, SCUFF, STEP 1/2 TURN STEP, HOLD

1-2 Step left to left side, step right next to left

3-4 1/4 turn left, step fwd. left, scuff right (12:00)

5-6 Step fwd. right, 1/2 turn left (Weight on left)

7-8 Step fwd. right, hold (06:00)

6 STOMP, SWIVEL, HOLD, STOMP SWIVEL, HOLD

1-2 Stomp fwd. left, swivel both heels to the left side

3-4 Swivel both heels back to center, hold, (Weight on left)

5-6 Stomp fwd. right, swivel both heels to the right side

7-8 Swivel both heels back to center, hold (Weight on right) (06:00)

7 SCISSOR STEP, HOLD, ROCK, 1/4 TURN RECOVER, STEP FORWARD, HOLD

1-2 Rock left to left side, step right next to left

3-4 Cross left over right, hold

5-6 Rock right to right side, 1/4 turn left, step fwd. left

7-8 Step fwd. right, hold (03:00)

8 STOMP FWD. LEFT, HOLD & CLAP, STOMP FWD. RIGHT, HOLD & CLAP. ROCK, MAMBO, HOLD

1-4 Stomp fwd. left, hold & clap. Stomp fwd. right, hold & clap

5-6 Rock fwd. left, recover

7-8 Step left next to right, hold (03:00)

TAGS: Both tags are the same

After wall 2 - 4 counts tag - Facing 06:00. After wall 4 - 4 counts tag - Facing 12:00

1-4 Stomp fwd. right, hold & clap. Stomp fwd. left, hold & clap

RESTART: During wall 5 - After 32 counts - Facing 03:00

Instead of cross right over left on count 7, in section 4, do a touch with right beside left,
hold on count 8 - Start again from the beginning !
