

Number 1 Heartache

64 count, 1 wall, beginner/intermediate level

Choreographer: Yvonne Anderson (Scotland)

Jan 2007

Choreographed to: # 1 Heartache by Neil Sedaka,
Steppin Out or Greatest Hits

Start On Vocals

1-8 STEP ACROSS, SIDE, R SAILOR STEP, STEP ACROSS, 1/4 LEFT, SHUFFLE BACK

1-2 Step R across left, Step L to left [12]

3&4 Step R behind left, & Step L to left, Step R to right [12]

5-6 Step L across right, Make 1/4 turn left stepping R back [9]

7&8 Shuffle back stepping L.R.L [9]

9-16 ROCK BACK, RECOVER, TWO STEP FULL TURN (travels forward), ROCK, RECOVER, R COASTER STEP

1-2 Rock R back, Recover weight on L [9]

3-4 Make 1/2 turn left stepping R back, Make 1/2 turn left stepping L forward [9]

5-6 Rock R forward, Recover weight on L [9]

7&8 Step R back, & Step L beside right, Step R forward [9]

17-24 STEP, 1/4 TURN RIGHT, STEP ACROSS, POINT, BEHIND, 1/4 LEFT, PIVOT 1/2 LEFT

1-2 Step L forward, Make 1/4 turn right taking weight on R [12]

3-4 Step L across right, Point R toes to right [12]

*** Tag 1 + Restart during 2nd and 5th & 7th repetitions ***

5-8 Step R behind left, Make 1/4 left stepping L forward, Step R forward, Pivot 1/2 turn left [3]

25-32 SIDE SHUFFLE, ROCK BACK, RECOVER, VINE 1/2 TURN, STEP

1&2 Step R to right, & Step L beside right, Step R to right [3]

3-4 Rock L behind right, Recover weight on right [3]

5-8 Step L to left, Step R behind left, Make 1/4 turn left stepping L forward,
Make 1/4 turn left stepping R to right [9]**33-40 STEP ACROSS, SIDE, L SAILOR STEP, STEP ACROSS, 1/4 RIGHT, SHUFFLE BACK**

1-2 Step L across right, Step R to right [9]

3&4 Step L behind right, & Step R to right, Step L to left [9]

5-6 Step R across left, Make 1/4 turn right stepping L back [12]

7&8 Shuffle back stepping R.L,R [12]

41-48 ROCK BACK, RECOVER, TWO STEP FULL TURN (travels forward), ROCK, RECOVER, L COASTER STEP

1-2 Rock L back, Recover weight on R [12]

3-4 Make 1/2 turn right stepping L back, Make 1/2 turn right stepping R forward [12]

5-6 Rock L forward, Recover weight on R [12]

7&8 Step L back, & Step R beside left, Step L forward [12]

49-56 STEP, 1/4 TURN LEFT, STEP ACROSS, POINT, BEHIND, 1/4 RIGHT, PIVOT 1/2 RIGHT

1-2 Step R forward, Make 1/4 turn left taking weight on L [9]

3-4 Step R across left, Point L toes to left [9]

5-8 Step L behind right, Make 1/4 right stepping R forward, Step L forward, Pivot 1/2 right [6]

57-64 SIDE SHUFFLE, ROCK BACK, RECOVER, VINE 1/2 TURN, STEP

1&2 Step L to left, & Step R beside left, Step L to left [6]

3-4 Rock R behind left, Recover weight on L [6]

5-8 Step R to right, Step L behind right, Make 1/4 turn right stepping R forward,
Make 1/4 turn right stepping L to left [12]

*** Right foot lead jazz box + Tag 1 + at the end of 3rd repetition ***

TAG 1 2 x 1/2 TURN LEFT

1-4 Step R forward, pivot 1/2 turn left, Step R forward, Pivot 1/2 turn left [12]