



## After Heartbreak

32 Count 2 Wall Improver Level Dance.  
Choreographed by: Millie Smith (UK), Yvonne M Anderson (UK)  
& Debbie Monahan-Mabbs (UK) Nov 2025  
Choreographed to: To The Men Who Have Loved Women After Heartbreak  
by Kelsea Ballerini  
Intro: 8 Counts. Start at approx 10 secs.

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### **SEC 1 WALK, WALK, MAMBO, SWEEP SWEEP X 2, ¼ TURN X 2**

- 1-2 Walk forward R, walk forward L
- 3&4 Rock forward on R, recover on L, step back on R sweeping L from front to back
- 5-6 Step back L sweeping R from front to back, turn ¼ R step R to R side (3:00)
- 7-8 Point L to L side, turn ¼ L step L forward turn ¼ L hitch R (9:00)

### **SEC 2 CROSS TWINKLES, CROSS POINT, ¼ SWEEP, CROSS**

- 1&2 Cross R over L, rock L to L side, recover R to R side
- 3&4 Cross L over R, rock R to R side, recover L to L side
- 5-6 Cross R over L, point L to L side
- 7-8 Turn ¼ L step L forward sweeping R from back to front, cross L over R (6:00)

### **SEC 3 SIDE, BEHIND, SWEEP, BEHIND, SIDE, STEP, SIDE ROCK CROSS, SIDE ROCK STEP**

- 1-2 Step L to L side, step R behind L sweeping L from front to back
- 3&4 Step L behind R, step R to R side, step forward on L
- 5&6 Rock R to R side, recover on the L, cross R over L
- 7&8 Rock L to L side, recover on the R, step forward on the L

### **SEC 4 STEP, PIVOT ½ TURN, STEP, PIVOT ½ TURN, ROCKING CHAIR**

- 1-2 Step forward on R, pivot ½ turn L (12:00)
- 3-4 Step forward on R, pivot ½ turn L (6:00)
- 5-6 Rock forward on R, recover on L
- 7-8 Rock back on R raise and point your L, recover on L



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