

Heartbreak on Hold

Count: 64

Wall: 4

Level: Intermediate

Choreographer: Daniel Whittaker (UK)

Music: Heartbreak On Hold - Alexandra Burke : (iTunes)

Start: Start on 16 counts from when music starts. (anti-clockwise direction)

Notes: 1 restart needed on during wall 1 after 48 counts restart from the beginning facing 3:00 wall

[1-8] Touch out-in, chasse, rock step, ¼ turn together

1-2 Touch right to right side, touch right beside left 12:00
3&4 Step right to right, close left to right, step right to right side 12:00
5-6 Rock left over right, recover weight on to right 12:00
7-8 Step left ¼ turn forward left, close right beside left 9:00

[9-16] Step back, bump hips, kick coaster step, walk forward left, right

1-4 Step left foot back push hips back, forward, back, kick right foot forward 9:00
5&6 Step right foot back, close left to right, step right foot forward 9:00
7-8 Walk forward left, right 9:00

[17-24] Step tap, ¼ turn, ½ turn point

1-2 Step left foot forward, touch right beside left 9:00
&3-4 Step right foot back, step left foot forward, make ¼ turn right 12:00
5-6 Cross left over right, make ¼ turn left stepping right back 9:00
7-8 Make ¼ turn left step left to left side, point right out to right side 6:00

[25-32] Cross over, ½ turn chasse, jazz box

1-2 Cross right over left, make ¼ turn right stepping left foot back 9:00
3&4 Make ¼ turn right step right to right, close left to right, step right to right 12:00
5-8 Cross left over right, step right foot back, step left to left side, touch right next to left 12:00

[33-40] Step forward tap & heel, & step lock step touch

1-2 Step right forward, touch left behind right 12:00
&3-4 Step left foot back, touch right heel forward, HOLD 12:00
&5-6 Step right beside left, step left foot forward towards diagonal, lock right behind left 10:00
7-8 Step left towards left diagonal, make ¼ turn right touching right heel towards right diagonal 3:00

[41-48] & cross ¼ turn, shuffle ¾ turn, side touch right & left

&1-2 Step right beside left, cross left over right, ¼ turn left stepping right back 12:00
3&4 Continue going round a further ¾ turn left stepping left, right left 3:00
5-6 Step right to right side, touch left beside right 3:00
7-8 Step left to left side, touch right beside left ****RESTART NEEDED HERE DURING WALL 1**** 3:00

[49-56] Step lock, step lock step step, rock step, coaster step

1-2 Step right foot forward, lock left behind right 3:00
3&4 Step right forward, lock left behind right, step right foot forward 3:00

Note for styling: on counts 1-2 use your shoulders; push left up, right down on count 1 then on count 2 push right up, and left down,

then do the same movements for counts 3&4 but double time instead of single time

5-6 Rock left foot forward, recover weight on to right 3:00
7&8 Step left foot back, close right to left, step left foot forward 3:00

[57-64] Jazz box ¼ turn, cross over, monterey ¼ turn

1-4 Step right foot over left, ¼ turn right step left foot back, step right to side, cross left over right 6:00
5-6 Touch right to right side, step right next to left making ¼ turn right 9:00
7-8 Touch left to left side, step left beside right 9:00

END OF DANCE

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