

# Wreck of My HEART

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**Count:** 64      **Wall:** 4      **Level:** Low Intermediate

**Choreographer:** Val Saari (Canada, October 2019)

**Music:** Wreck of My Heart, Lonesome River Band

**Begin on the word "heart"**

**PHRASED SEQUENCE: A B A B A A B A A**

**SECTION A: 32 Counts**

**S:1 HEEL/TOE, HEEL BALL-CHANGE X 2, RL**

**1-2RF heel forward, Touch RF toes across L**

**3&4**      Brush RF heel forward, Step RF next to L, Step LF together

**5-6LF heel forward, Touch LF toes across R**

**7&8**      Brush LF heel forward, Step LF next to R, Step RF together

**S:2 CHASSE L X 4 (BOX WITH SHUFFLES)**

**1&2 1/4 Turn L, Step RF to R side, Step LF next to R, Step RF to side**

**3&4 1/4 Turn L, Step LF to L side , Step RF next to L, Step LF to L side**

**5&6 1/4 Turn L, Step RF to R side, Step LF next to R, Step RF to side**

**7&8 1/4 Turn L, Step LF to L side , Step RF next to L, Step LF to L side**

**S:3 RF STOMP, KICK, MAMBO BACK, LF STOMP, KICK, MAMBO BACK**

**1-2**      Stomp RF down, kick RF forward

**3&4**      Rock RF back, Recover LF, Step RF beside left

**5-6**      Stomp LF down, kick LF forward

**7&8**      Rock LF back, Recover RF, Step LF beside R

**S:4 MODIFIED JAZZ BOX, BACK-LOCK-BACK, HEEL BOUNCE 1/4 R, HEEL SPLITS OUT, IN OUT IN**

**1-2**      Cross RF over Left, Step LF back

- 3&4** Step R behind L, Step L across R, Step R back
- 5-6** Bounce on both heels to pivot 1/4 R, Split both heels apart
- 7&8** Close heels together, Split both heels apart, close heels together

### **SECTION B: 36 Counts**

#### **S:1 SHUFFLE FWD RLR, REVERSE COASTER, SHUFFLE BACK, RLR, COASTER STEP PIVOT 1/4 L**

- 1&2** Shuffle forward RLR
- 3&4** Step LF forward, Step RF beside L, Step LF back
- 5&6** Shuffle back RLR
- 7&8** Step LF back 1/4 pivot L, Step RF beside L, Step LF forward

#### **S:2 STEP-PIVOT 1/4 LEFT TWICE**

- 1-2** Step RF forward, Pivot 1/4 turn left (weight on left)
- 3-4** Step RF forward, Pivot 1/4 turn left (weight on left)

#### **S:3 & S:4 REPEAT S:1 & S:2**

#### **S:5 RF SHUFFLE FWD, PIVOT 1/2 R, LF SHUFFLE FWD, PIVOT 1/4 L**

- 1&2** Step RF forward, Step LF beside R, Step RF forward
- 3-4** Step LF forward, Pivot 1/2 R
- 5&6** Step LF forward, Step RF beside L, Step LF Forward
- 7-8** Step RF forward, Pivot 1/4 L

#### **S:6 KICKBALL CHANGE, STOMP, STOMP**

- 1&2** Kick RF forward, Step RF together, Step LF together
- 3-4** Stomp RF, Stomp LF

**Hint: The "A" section always occurs on the chorus words "You made a wreck of my heart" and also in the instrumental interlude section..**

**The "B" section always occurs on the verses.**

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