

ONE HEARTACHE AT A TIME

Choreo: Carolyn & Tony Ahart, 3893 E. Linwood Terr., Springfield, MO 65809
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 Music: Available at Amazon.com
 Artist: Brooks & Dunn Album: Borderline Track 9
 Footwork: Opposite except where noted (Woman's footwork in parentheses)
 Speed: Slow for Comfort Time: 3:04@100%
 Rhythm: Two Step RAL Phase II + 2 (Side Stairs and Fishtail)
 Difficulty: Average
 Sequence: Intro, A, B, C, A, B (Mod 1), B (Mod 2), Ending

INTRO

- 1-8 WAIT; ; APT PT; TOG TCH TO CP WALL; TRAV BOX; ; ;**
1-4 BFLY WALL Wait; ; Apt L, -, pt R twd ptr, -; Tog R, -, tch L to R to CP WALL, -;
5-8 Sd L, cl R, fwd L, -; Trng to SCP RLOD fwd R,-, fwd L, -; Blendng to CP sd R, cl L, bk R, -; Blending to SCP LOD fwd L, -, fwd R to CP WALL, -;
- 1-8 2 TRNG TWO STEPS TO SCP LOD; ; 2 FWD TWO STEPS TO FC; ; FC TO FC; BK TO BK; BB TRN TO SCP; ;**
1-4 Sd L, cl R trng RF, sd & bk L comp ½ RF trn, -; Sd R, cl L trng RF, fwd R comp ½ RF trn to SCP LOD, -; Fwd L, cl R, fwd L, -; Fwd R, cl L, fwd R to fc ptr & WALL, -;
5-8 Side L, close R, side L pivoting LF (RF) 1/2 turn to back to back pos, -; Side R, close L, side R pivoting RF (LF) 1/2 turn to face ptr, -; Sd L, -, rec R trng 1/2 RF to fc COH (trng ½ LF to fc WALL), -; Sd L, -, rec R trng ¼ RF (trng ¼ LF) to SCP LOD, -;
- 9-16 2 FWD TWO STEPS; ; HITCH 6; ; VIN APT & TOG TO SCP; ; SCOOT; WLK & FC;**
9-12 Fwd L, cl R, fwd L, -; Fwd R, cl L, fwd R, -; Fwd L, cl R, bk L, -; Bk R, cl L, fwd R, -;
13-16 Sd L, XRib (XLib), sd L, -; Sd R, XLib (XRib), sd R to SCP, -; Fwd L, cl R, fwd L, cl R; Fwd L, -, fwd R trng ¼ RF (¼ LF) to BFLY WALL, -;

PART B

- 1-8 VIN 3; WRAP TO LOD; 2 FWD TWO STEPS PCKNG UP to CP LOD; ; SD STAIRS 8; ; PROG SCIS 2X CHKN; ;**
1-4 Sd L, XRib (XLib), sd L, -; Raising ld hnd and lowering trl hnd sd R, XLib, trng slightly LF bk R to fc LOD (Trn LF und ld hnds L, R, L, - to wrap pos LOD), -; Fwd L, cl R, fwd L, -; Fwd R, cl L, fwd R leading W to trn LF to CP LOD, -;

- 5-8** Sd L, cl R, fwd L, cl R; Sd L, cl R, fwd L, cl R; Sd L, cl R, XLif (XRib) to SCAR, -; Sd R, cl L, XRif (XLib) to BJO chng, -;
- 9-18** **FISHTAIL; FWD/LK FWD 2X; ; HTCH; HTCH/SCIS SCP; WLK 2; CRCL AWY 2 TWO STEPS; ; STRUT TOG 4 TO CP; ;**
- 9-14** XLib, sd R, fwd L, lk R (XRif, sd L, bk R, lk L); Fwd L, XRib, fwd L, -; Fwd R, XLib, fwd R, -; Fwd L, cl R, bk L, -; Bk R, cl L, fwd R (Fwd L trng ¼ RF, cl R, XLif) to SCP LOD, -; Fwd L, -, fwd R, -;
- 15-18** Trng LF (RF) in a ½ circle pattern fwd L, cl R, fwd L, -; Fwd R, cl L, fwd R to fc RLOD, -; Trng LF (RF) to fc ptr fwd L, -, fwd R, -; Fwd L, -, fwd R to CP, -;

PART C

- 1-8** **BROKEN BOX; ; ; SCIS THRU; WLK 2; SCIS THRU; WLK 2 TO SCP;**
- 1-8** Sd L, cl R, fwd L, -; Rk fwd R, -, rec L, -; Sd R, cl L, bk R, -; Rk bk L, -, rec R, -; Sd L, cl R, XLif (XRif) to LOP RLOD, -; Fwd R, -, fwd L, -; Sd R, cl L, XRif (XLif) to OP LOD, -; Fwd L, -, fwd R to SCP, -;

PART B (MOD 1)

- 1-8** **VIN 3; WRAP TO LOD; 2 FWD TWO STEPS PCKNG UP; ; SD STAIRS 8; ; PROG SCIS 2X CHKNG; ;**
- 1-8** Repeat Part B meas 1-8; ; ; ; ; ; ; ; ;
- 9-16** **FISHTAIL; FWD/LK FWD 2X; ; HTCH; HTCH SCIS SCP; WLK 2; CRCL AWY & TOG TO BFLY WALL; ;**
- 9-14** Repeat Part B meas 9-14; ; ; ; ; ; ; ; ;
- 15-16** Moving away from ptr in a circular pattern fwd L, cl R, fwd L to fc RLOD, -; Cont circular pattern toward ptr fwd R, cl L, fwd R to BFLY WALL, -;

PART B (MOD 2)

- 1-8** **VIN 3; WRAP TO LOD; 2 FWD TWO STEPS PCKNG UP; ; SD STAIRS 8; ; PROG SCIS 2X CHKNG; ;**
- 1-8** Repeat Part B meas 1-8; ; ; ; ; ; ; ; ;
- 9-14** **FISHTAIL; FWD/LK FWD 2X; ; HTCH; HTCH SCIS SCP; TWIRL/VIN 2 TO SCP;**
- 9-14** Repeat Part B meas 9-13; ; ; ; ; Releasing trail hnds sd L comm slight RF trn, -, XRib comm slight LF trn (Sd and fwd R trng RF und jnd ld hnds, sd and bk L cont RF trn) to SCP, -;

END

- 1-10** **2 FWD TWO STEPS; ; HTCH 6 TO CP WALL ; ; TRAV BOX; ; ; TWRL/VIN 2; APT PT;**
- 1-8** Repeat Part A meas. 9-12 to CP WALL; ; ; Repeat Intro meas. 5-8; ; ; ;
- 9-10** Repeat Part B (Mod 2) meas. 14; Repeat Intro meas 3;