

HEARTACHES CHA CHA

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Rhythm: Cha Cha (Woman' Footwork opposite except where noted.)

Phase: V +1 (Advanced Alemana) Speed=45 Released 4/25/97 N.E. Convention

Sequence: Intro-A-B-C-A(Mod)-End

INTRO**1-4 CIRCLE ARMS; SWEETHEART; SWEETHEART TO FACE; SPOT TURN;**

1-2 Weight on lead foot, shdw position M to LF of W, both facing WL, arms extended out palms down, wait for the 1st beat, move arms in a circular motion (up & in) to cross chest; Extending the arms out M fwd R chk crossing the thighs, rec L, sd R/cl L, sd R ;

3-4 Repeat meas 2, opposite footwork; M XRif trng, rec L trng, sd R/cl L, sd R (W bk L, rec R trng, sd L/cl R sd L)end bfly wl;

5-8 ALEMANA TO LARIAT ; ; ; ;

5-6 Fwd L, rec R, sd L/cl R sd L; bk R, rec L, sd R/ cl L, sd R ; (Fwd L XRif of M trn RF, fwd R trn, sd L/cl R, sd L to BJO/WL);

7-8 M SIP L,R,L/R/L; R,L,R/L,R (WCir M CW fwd R, fwd L, fwd R/cl L, fwd R; fwd L, fwd R, fwd L/cl R, sd L to fc M);

PART A**1-6 HOP NEW YORKER TWICE; ; HOP BASIC; ; BASIC TO A FAN; ;**

1-2 To RLOD Hop thru L with straight leg to LOP, rec R fc sd L/cl R, sd L; Repeat meas to LOD;

3-4 Hop fwd L, rec R, sd L/ cl R, sd L; Hop bk R, rec L, sd R/ cl L, sd R;

5-6 Repeat meas 3 (with no hops); Bk R, rec L, sd R/cl L, sd R (W Fwd L, trn LF stp sd & bk R making 1/4 trn to L, bk L/lk Rif, bk L leaving R extended);

7-8 OPEN BREAK WITH SIT; SHAKE & FREEZE;

7-8 Rk apt on L ext R arm up sit with a pounce, hold; While Rising body up shake with the music;

9-12 STOP & GO HOCKEY STICK WITH A CROSS LUNGE; ; HOCKEY STICK; ;

9-10 M fwd L, rec R, release hands sm sd L/cl R, sd L; XRIFof L to LOD with relaxed knee look DWL arms extended out to sd, rec L, sm sd R/ cl L, sd R (W cl R to L, fwd L turn L to fc WL, sm sd R/cl L sd R in front of M; XLif look to DRW, arms extended RLOD rec R, sd L/cl R sd L slide in front M trn RT to fc RLOD leave R ext);

11-12 Fwd L, rec R, in pl L/R,L; Bk R, rec L, fwd R/cl L, fwd R (W cl R, fwd L, fwd R/L,R; Fwd L, fwd R trn L fc ptr, bk

L/cl R, bk L diag)

13-16 1/2 BAS; NATURAL TOP; TRAVELING DOOR 2XS ; ;

13-14 Repeat meas 3 (with no hops); M XRib trn rf, sd L cont trn, XRib/sd L cont trn, XRib cont trng (W sd L trn rf, XRif cont trn, sd L/ XRIF cont trn, sd L);

15-16 Look LOD rk sd L, Look @ ptr rec R, XLif/sd R, XLIF; Look RLOD rk sd R, Look @ ptr rec L, XRif/ sd L XRif;

PART B

1-4 MOD CHASE PEEK-A-BOO LADY TURN BACK TO BACK; PUSH & PEEK; ; L TRN;

1-4 Fwd L trn rf, rec fwd R, fwd L/cl R, fwd L; sd & bk R look over L shldr push hands away from chest cl L, SIP R/LR; Repeat meas 2 with opposite foot work on R shldr; Fwd R trn 1/2 lf, rec fwd L, fwd R/cl L, fwd R; (W Bk R, rec L trn rf 1/2 fc WL, sd R/cl L, sd R; sd & bk L, look over L shldr push hands away

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from chest rec R, SIP LR,L; Repeat meas 2 with opposite foot work on R shldr; fwd L, fwd R trng 1/2 rf rf fc COH, sd L/cl R, sd L);

5-9 CROSS BASIC; ; NEW YORKER; DOUBLE UNDERARM TURN 2XS; ;

5-7 XLIF of R trng 1/4 lf, rec bk R, sd L/cl R, sd L; XRIB of L trng 1/4 lf , rec fwd L, sd R/cl L, sd R;

Repeat meas 1 Part A (with no hop LOD);

8-9 To RLOD dbl handholds M XRIF of trn lf under jnd hnds, rec L trn lf sdR/cl L, sd R; Repeat meas 8 with opposite footwork to LOD;

10-16 CRAB WALKS; ; NEW YORKER; CROSS BASIC; ; TIME STEP 2XS TO LH STAR; ;

10-12 XRif, sd L, XRif/sd L, XRif; sd L, XRif, sd L/cl R, sd L; Repeat meas 1 Part A (with no hop to RLOD); 13-14 Repeat measures 5 & 6 Part B; ;

15-16 XLib, rec R, sd L/cl R, sd L; XRib, rec L, sd R, cl L, sd R trn to left hand star;

PART C

1-6 UMBRELLA TURN TO CP WL; ; ; CL HIP TWIST; TO FAN OVERTURNED;

1-4 Fwd L, rec R, bk L/cl R, bk L; bk R, rec L, fwd R/cl L, fwd R; Repeat meas 1 & 2 trn to CP/WL; ; (W bk R, rec L, fwd R trn 1/2 lf/cl L, bk R; bk L, rec R, fwd L trn 1/2 rf/cl R, bk L; Repeat meas 1 & 2 trn to CP/WL);

5-6 Rk fwd L, rec R, sm sd L/cl R, sd L slight lead with L hand to trn W; (W Rk bk R trn rf 1/2, rec L trn lf 1/2/ sd R/cl L, sd R/swiv 1/4 rf on R tch L to R no weight;) Repeat meas 6 Part A (W ovrtrn to fc LOD) end with both in tandem fc LOD;

7-10 TANDEM FWD TRIPLE CHAS ; ; LADY TURN BACK TRIPLE CHAS CHKG; ;

7-10 With free hnds extended in tandem rk bk L, rec R, fwd L/lk Rib, fwd L; fwd R/lk Lib, fwd R, fwd L/lk R, fwd L; (W opposite foot work); Fwd R, with rt shldr & arm lead rec L, bk R/lk Lib of L, bk R; bk L/lk Rib of L, bk L, bk R/lk Lib of R, bk R with chkg motion; (W fwd L trn rf to RLOD, with op brk action, rec R, fwd L/lk R fwd L; fwd R/lk L fwd R, fwd L/lk

R, fwd L with chkg motion;)

11-14 ADVANCED ALEMANA TO BFLY; ; BASIC & WRAP; UNWRAP;

11-12 Fwd L, rec R, trn rf 1/8 to wl sm sd L/R/L; XRib trn rf, sd L completing 3/8 trn, SIP R/L/R BFLYL/WL; (W bk R, rec L, sm sd R/L,R trn rf 1/8; Fwd L Xif of R trn rf, fwd R cont trn to fc ptr & wl, cl L/ sd R cl L fwd L to bfly);

13-14 Repeat meas 3 (with no hops)raising arms; (W bk R, rec L, fwd R trn lf undr M's raised L hnd/ cont lf trn holding both hands to fc wl cl L/sd R); In wrapped pos bk R, rec L, SIP R/L/R (W bk L, rec fwd R, fwd L trn rf undr M's raised L hand/ cont rf trn R hold both hnds to fc ptr in Bfly, sd L);

15-16 DOUBLE CUBAN BREAKS; ;

15-16 Cr L/rec R, sd L/rec R, cr L/rec R, sd L; cr R/rec L, sd R/ rec L, cr R/rec L, sd R;

PART A (MODIFIED)

1-6 HOP NEW YORKER TWICE; ; HOP BASIC; ; BASIC TO A FAN; ;

1-6 Repeat measures 1-6 Part A; ; ; ; ;

7-8 OPEN BREAK WITH SIT; SHAKE & FREEZE;

7-8 Repeat measures 7 & 8 Part A ; ;

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9-12 ALEMANA TO CLOSED; ; CUDDLES 2XS; ;

9-10 Repeat measures 5 & 6 of Intro but end in CP/WL; ;

13-14 Push sd L, rec R with R hand on W's L shldr blade, SIP L/RL; Repeat action opposite footwork to LOD still fc WL/ BFLY; (W sd R trng 1/2 rf to fc WL with L hnd on top of M'sL shldr, rec R fc ptr put hand on top of M's R shldr, SIP L/R/L; Repeat action opposite footwork to LOD BFLY/WL;)

END

1-5 SHOULDER TO SHOULDER 2XS; ; HOP NEW YORKER 2 XS; ;

CROSS LUNGE /HEAD FLICKS;

1-5 Fwd L to bfly scar DRW, rec R to fc, sd R/cl L, sd R; Repeat action the opposite direction;

Repeat measures 1&2 Part A; ; With arms extended XLif of R, hold, flick head 3 xs in cha rhythm ending flick to LOD;