

After the Heartbreak

Count: 32

Wall: 2

Level: High Beginner

Choreographer: Peggy McLamb (USA) - August 2026

Music: Late Great Heartbreak - Old Dominion



Intro: 32 counts – begin on vocals

No Tags • No Restarts

SECTION 1 — STEP, TOGETHER, CHASSÉ RIGHT; STEP, TOGETHER, CHASSÉ LEFT

- 1-2 Step R to right side, step L beside R.
- 3&4 Chassé R (R-L-R).
- 5-6 Step L to left side, step R beside L.
- 7&8 Chassé L (L-R-L).

SECTION 2 — CROSS ROCK, TRIPLE; CROSS ROCK, ¼ TURN LEFT

- 1-2 Cross rock R over L, recover weight onto L.
- 3&4 Triple step in place (R-L-R).
- 5-6 Cross rock L over R, recover weight onto R.
- 7&8 Triple step L-R-L making ¼ turn left.

SECTION 3 — STEP, KICK, COASTER; PIVOT ½ LEFT; PIVOT ¼ LEFT

- 1-2 Step R forward, kick L forward.
- 3&4 Step L back, step R beside L, step L forward.
- 5-6 Step R forward, pivot ½ turn left, transferring weight onto L.
- 7-8 Step R forward, pivot ¼ turn left, transferring weight onto L.

SECTION 4 — CROSS, POINT; CROSS, POINT; RIGHT SAILOR; LEFT SAILOR ½ TURN LEFT

- 1-2 Cross R over L, point L to left side.
- 3-4 Cross L over R, point R to right side.
- 5&6 Right sailor step.
- 7&8 Left sailor step turning ½ left: cross L behind R, step R to right side, step L to left side.

BEGIN AGAIN