

# Ugly Heart!

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**Count:** 64      **Wall:** 2      **Level:** Intermediate

**Choreographer:** Niels Poulsen (Denmark) April 2015

**Music:** Ugly Heart by G.R.L. [3.18 mins. - iTunes]

**Intro: 32 counts from the beginning of the music (app. 15 secs. into track). Weight on L foot**

**Restart: Twice! They both happen after 52 counts and both happen facing 12:00.**

**They happen on walls 2 and 4 which both start facing 6:00**

**EASY Tag: After wall 5 (starts facing 12:00). Tag happens at 6:00. See tag description at bottom of page**

**[1 - 8] Slow R coaster step with L knee lift, cross, side rock cross, Hold**

**1 - 4**      Step R back (1), step L next to R (2), step R fwd lifting L knee a little (3), cross L over R (4)  
12:00

**5 - 8**      Rock R to R side (5), recover on L (6), cross R over L (7), Hold (8) 12:00

**[9 - 16] Ball cross, ¼ L Monterey, jazz ½ R, hitch & L step slide**

**&1**      Step L a small step to L side (&), cross R over L (1) 12:00

**2 - 3**      Point L to L side (2), turn ¼ L stepping L next to R (sweeping R quickly fwd) (3) 9:00

**4 - 6**      Cross R over L (4), turn ¼ R stepping back on L (5), turn ¼ R stepping fwd on R (6) 3:00

**&7 - 8**      Hitch L knee slightly and next to R (&), step L a big step to L side (7), drag R towards L (8)  
3:00

**[17 - 24] R sailor step, touch unwind ¾ L, R kick ball change, R stomp fwd, Hold**

**1&2**      Cross R behind L (1), step L to L side (&), step R to R side (2) 3:00

**3 - 4**      Touch L behind R (3), unwind ¾ L onto L foot (4) 6:00

**5&6**      Kick R fwd (5), step back on R (&), step L a small step fwd (6) 6:00

**7 - 8**      Stomp fwd on R (7), Hold (8) 6:00

**[25 - 32] Syncopated rocks R & L, box ½ R**

**&1 - 2**      Step L next to R (&), rock R fwd (1), recover back on L (2) 6:00

**&3 - 4**      Step R next to L (&), rock L fwd (3), recover back on R (4) 6:00

**&5 - 8** Step L next to R (&), cross R over L (5), turn  $\frac{1}{4}$  R stepping back on L (6), turn  $\frac{1}{4}$  R stepping fwd on R (7), step L to L side (8) 12:00

**[33 - 40] R sailor step, L sailor  $\frac{1}{4}$  L, R rock step fwd, R big step slide backwards**

**1&2** Cross R behind L (1), step L to L side (&), step R to R side (2) 12:00

**3&4** Cross L behind R (3), turn  $\frac{1}{4}$  L stepping R next to L (&), step fwd on L (4) 9:00

**5 - 6** Rock fwd on R (5), recover back on L (6) 9:00

**7 - 8** Step R a big step backwards (7), slide L next to R (8) 9:00

**[41 - 48] Ball rock step back, walk fwd L, rock fwd R,  $\frac{1}{4}$  R, point L,  $\frac{1}{2}$  L sweep**

**&1 - 2** Rock quickly back on ball of L foot (&), recover fwd on R (1), walk fwd on L (2) 9:00

**3 - 4** Rock fwd on R (3), recover back on L (4) 9:00

**5 - 6** Turn  $\frac{1}{4}$  R stepping R to R side (5), point L to L side (6) 12:00

**7 - 8** Turn  $\frac{1}{4}$  L onto L starting to sweep R fwd (7), turn another  $\frac{1}{4}$  L on L sweeping R fwd (8) 6:00

**[49 - 56] Cross, syncopated back rock, fwd L, R kick fwd, R shuffle back, L coaster step**

**1&2** Cross R over L (1), rock back on L (&), recover fwd on R (2) 6:00

**3 - 4** Step fwd on L (3), kick R fwd (4) -

**\* Restarts here on walls 2 and 4, facing 12:00 each time wall starts at 6:00**

**5&6** Step back on R (5), step L next to R (&), step back on R (6) 6:00

**7&8** Step back on L (7), step R next to L (&), step fwd on L (8) 6:00

**[57 - 64] R jazz box cross, big R side step, slide together, ball cross, side L**

**1 - 4** Cross R over L (1), step back on L (2), step R to R side (3), cross L over R (4) 6:00

**5 - 6** Step R a big step to R side (5), slide L towards R (6) 6:00

**&7 - 8** Step L next to R (&), cross R over L (7), step L a small step to L dragging R next to L (8) 6:00

**Start again**

**Tag After wall 5 (facing 6:00). Complete wall 5 then add a backwards R rocking chair**

**1 - 4** Rock back on R (1), recover fwd to L (2), rock fwd on R (3), recover back on L (4) 6:00

**Ending You automatically end facing 12:00. Count 9 of wall 9 hits the last beat and is facing 12:00**

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**Last Update - 22nd April 2015**

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