

Ugly Heart!

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Niels Poulsen (DK) - April 2015
音樂: Ugly Heart - G.R.L. : (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 ¼ R stepping back on L (6), turn ¼ R stepping
fwd on R (7), step L to L side (8) 12:00

[33 – 40] R sailor step, L sailor ¼ 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 ¼ 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, ¼ R, point L, ½ 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 ¼ R stepping R to R side (5), point L to L side (6) 12:00
7 – 8 Turn ¼ L onto L starting to sweep R fwd (7), turn another ¼ 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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