

Ugly Heart

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Nathan Gardiner (SCO) - July 2015
音樂: Ugly Heart - G.R.L.



Intro: 32 counts start on vocals

S1: SIDE, BEHIND, &, HEEL, BALL CROSS, 1/4 RIGHT, 1/2 RIGHT, 1/4 RIGHT

1-2 Step right to right side, Step left behind right
&3 Step right slightly to right side, Touch left heel to left diagonal
&4 Step ball of left next to right, Cross step right over left
5-6 Turn 1/4 stepping back on left, Turn 1/2 right stepping forward on right
7-8 Step forward on left, Turn 1/4 right

S2: CROSS ROCK, &, CROSS ROCK, &, JAZZ BOX CROSS

1-2& Cross rock left over right, Recover on right, Step left slightly to left side
3-4& Cross rock right over left, Recover on left, Step right slightly to right side
5-6 Cross step left over right, Step back on right
7-8 Step left next to left, Cross step right over left

S3: POINT, TOUCH, KICK BALL CROSS, CHASSE 1/4 LEFT. TURN 1/4 LEFT

1-2 Point left toes to left side, Touch left toes next to right
3&4 Kick left foot to left diagonal, Step ball of left next to right, Cross step right over left
5&6 Step left to left side, Step right next to left, Turn 1/4 left stepping forward on left
7-8 Step forward on right, Turn 1/4 left

S4: CROSS, POINT, BEHIND, SWEEP, BEHIND, SIDE, SWAY RIGHT, SWAY LEFT

1-2 Cross step right over left, Point left toes to left side
3-4 Step left behind right, Sweep right out and round to right side
5-6 Step right behind left, Step left to left side
7-8 Step right to right side swaying hips to right side, Sway hips to left side

S5: ROCK FORWARD, RECOVER, 1/2 SHUFFLE RIGHT X2, ROCK BACK, RECOVER

1-2 Rock forward on right, Recover on left
3&4 1/2 Turn shuffle right stepping Right, Left, Right
5&6 1/2 Turn shuffle right stepping Left, Right, Left
7-8 Rock back on right, Recover on left

S6: CROSS, POINT, CROSS, POINT, SYNCOPATED JAZZ BOX, STEP RIGHT

1-2 Cross step right over left, Point left toes to left side
3-4 Cross step left over right, Point right toes to right side
5-6 Cross step right over left, Step back on left
&7-8 Step ball of right next to left, Cross step left over right, Step right to right side

S7: ROCK BACK, RECOVER, KICK BALL CROSS, CHASSE 1/4 LEFT, STEP 1/4 LEFT

1-2 Rock back on left, Recover on right
3&4 Kick left foot to left diagonal, Step ball of left next to right, Cross step right over left
5&6 Step left to left side, Step right next to left, Turn 1/4 left stepping forward on left
7-8 Step forward on right, Turn 1/4 left

S8: POINT ACROSS, POINT, SAILOR STEP, POINT ACROSS, POINT, SAILOR 1/2 LEFT

1-2 Point right toes across left, Point right toes to right side

3&4 Step right behind left, Step left to left side, Step right to right side
5-6 Point left toes across right, Point left toes to left side
7&8 Step left behind right, Turn 1/4 left stepping right in place, Turn 1/4 left stepping left to left side

Restarts: On walls 2 & 4 dance upto count 52 change the kick ball cross to kick ball touch then Restart the dance

Tag: End of wall 5

ROCKING CHAIR

1-2 Rock forward on right, Recover on left

3-4 Rock back on right, Recover on left

Contact: nathan.gardiner1998@hotmail.co.uk

Hope You Enjoy.....Happy Dancing
