

Ugly Heart!

Choreographer: Niels Poulsen

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Type of dance: 64 counts, 2 walls, line dance
 Level: Intermediate
 Music: **Ugly Heart** by G.R.L. Track length: 3.18 mins. Buy on 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
 1 EASY tag: After wall 5 (starts facing 12:00). Tag happens at 6:00. See tag description at bottom of page

Counts	Footwork	End facing
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 wall 2 and 4, facing 12:00 each time	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	12:00