



Approved by:

Niels B. Poulsen

Ugly Heart!

2 WALL – 64 COUNTS – INTERMEDIATE

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
Section 1 1 – 2 3 – 4 5 – 8	Slow Coaster Step With Knee Lift, Cross, Side Rock, Cross, Hold Step right back. Step left beside right. Step right forward lifting left knee a little. Cross left over right. Rock right to side. Recover onto left. Cross right over left. Hold.	Back Together Step Cross Side Rock Cross Hold	On the spot
Section 2 & 1 2 – 3 4 – 6 & 7 – 8	Ball Cross, Monterey 1/4 Sweep, Jazz Box 1/2, Hitch Step Slide Step left small step to left side. Cross right over left. Point left to side. Turn 1/4 left stepping left beside right (sweeping right quickly forward). Cross right over left. Turn 1/4 right stepping left back. Turn 1/4 right stepping right forward. Hitch left knee slightly beside right. Step left big step to left side. Drag right towards left. (3:00)	Ball Cross Point Quarter Jazz Box Half Hitch Step Slide	Left Turning left Turning right Left
Section 3 1 & 2 3 – 4 5 & 6 7 – 8	Sailor Step, Behind Unwind 3/4, Kick Ball Change, Stomp, Hold Cross right behind left. Step left to side. Step right to place. Touch left behind right. Unwind 3/4 turn left (weight onto left). (6:00) Kick right forward. Step back on right. Step left small step forward. Stomp right forward. Hold.	Right Sailor Behind Unwind Kick Ball Change Stomp Hold	On the spot Turning left On the spot
Section 4 & 1 – 2 & 3 – 4 & 5 – 6 7 – 8	Syncopated Forward Rocks, Box 1/2 Turn Step left beside right. Rock forward on right. Recover onto left. Step right beside left. Rock forward on left. Recover onto right. Step left beside right. Cross right over left. Turn 1/4 right stepping left back. Turn 1/4 right stepping right forward. Step left to left side. (12:00)	& Rock Forward & Rock Forward Cross Quarter Quarter Side	On the spot Turning right
Section 5 1 & 2 3 & 4 5 – 6 7 – 8	Right Sailor Step, Left Sailor Step 1/4, Forward Rock, Back, Slide Cross right behind left. Step left to side. Step right to place. Cross left behind right. Turn 1/4 left stepping right beside left. Step left forward. Rock forward on right. Recover onto left. Step right big step backwards. Slide left beside right. (9:00)	Right Sailor Left Sailor Quarter Rock Forward Back Slide	On the spot Turning left On the spot Back
Section 6 & 1 – 2 3 – 4 5 – 6 7 8	Ball Rock, Step, Forward Rock, 1/4 Turn, Point, 1/2 Turn With Sweep Rock quickly back onto ball of left. Recover onto right. Walk forward on left. Rock forward on right. Recover onto left. Turn 1/4 right stepping right to side. Point left to left side. (12:00) Turn 1/4 left onto left starting to sweep right forward. Turn another 1/4 left on left sweeping right forward. (6:00)	Ball Rock Step Rock Forward Quarter Point Quarter Quarter	On the spot Turning right Turning left
Section 7 1 & 2 3 – 4 Restart 5 & 6 7 & 8	Cross, Syncopated Back Rock, Step, Kick, Back Shuffle, Coaster Step Cross right over left. Rock left back. Recover onto right. Step left forward. Kick right forward. (6:00) Walls 2 and 4 (facing 12:00 each time): Start the dance again. Step right back. Close left beside right. Step right back. Step left back. Step right beside left. Step left forward.	Cross Back Rock Step Kick Shuffle Back Coaster Step	Left Forward Back On the spot
Section 8 1 – 4 5 – 6 & 7 – 8	Jazz Box Cross, Side Slide, Ball Cross, Side Cross right over left. Step left back. Step right to side. Cross left over right. Step right big step to right side. Slide left towards right. Step left beside right. Cross right over left. Step left small step to side, dragging right.	Jazz Box Cross Side Slide Ball Cross Side	On the spot Right Left
TAG 1 – 4	End of Wall 5 (facing 6:00): Reverse Rocking Chair Rock back on right. Recover onto left. Rock forward on right. Recover onto left.	Rocking Chair	On the spot

Choreographed by: Niels Poulsen (DK) April 2015

Choreographed to: 'Ugly Heart' by G.R.L. from CD Single; download available from amazon or iTunes (32 count intro, approx 15 secs)

Restarts/Tag: Two Restarts (during Walls 2 and 4), one easy Tag after Wall 5



A video clip of this dance is available at www.linedancerweb.com