

# Mess Of A Heart

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Andrew Palmer (UK) & Sheila Palmer (UK) - May 2015

Musik: Poor, Broke, Mixed Up Mess of a Heart - Rick Trevino



Choreographed for XV COSTA BRAVA LINE DANCE FESTIVAL

Intro: 32 counts (starts on main vocals). 1 TAG at the end of wall 2 (6:00) and wall 5 (3:00)

## [1-8] STOMP SIDE RIGHT, STOMP SIDE LEFT, TOE-HEEL-STOMP, RIGHT COASTER STEP

- 1-2 Stomp Right side Right. Stomp Left side Left.
- 3&4 Touch Right Toe beside Left. Touch Right Heel beside Left. Stomp Right beside Left.
- 5&6 Touch Left Toe beside Right. Touch Left Heel beside Right. Stomp Left beside Right.
- 7&8 Coaster-Step on the Right.

## [9-16] LEFT SHUFFLE, STEP-PIVOT-STEP, HEEL-HOOK-HEEL-FLICK, LEFT SHUFFLE

- 1&2 Shuffle forward on Left.
- 3&4 Step forward Right. Pivot 1/2 turn Left (6:00). Step forward Right.
- 5&6& Touch Left Heel forward. Hook Left over Right . Touch Left Heel forward. Flick Left Heel to side.
- 7&8 Shuffle forward on Left.

## [17-24]CROSS, BACK, RIGHT CHASSE, LEFT SAILOR STEP, RIGHT SAILOR STEP

- 1-2 Cross Right over Left. Step back Left.
- 3&4 Step side on Right. Step Left beside Right. Step side on Right.
- 5&6 Sailor-Step Left.
- 7&8 Sailor-Step Right.

## [25-32]CROSS, BACK, LEFT CHASSE ¼ TURN LEFT, STEP-PIVOT-STEP, STEP-PIVOT-STEP

- 1-2 Cross Left over Right. Step back Right.
- 3&4 Step side on Left. Step Right beside Left. Turn 1/4 Left (3:00) step forward on Left.
- 5&6 Step forward Right. Pivot 1/2 turn Left (9:00). Step forward Right.
- 7&8 Step forward Left. Pivot 1/2 turn Right (3:00). Step forward Left.

**TAG: At the end of wall 2 (6:00) and wall 5 (3:00)**

**Stomp forward on Right and pose/hold**

---