

Mess Of A Heart

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Count: 32 **Wall:** 4 **Level:** Improver

Choreographer: Andrew Palmer & Sheila Palmer (May 2015)

Music: "Poor, Broke, Mixed Up Mess of a heart" by 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

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=104644