

POOR, BROKE, MIXED UP MESS OF A HEART

Level: Easy Intermediate
Artist: Rick Trevino
Choreo: Neville Flegg
Speed: Normal **Length:** 2.16 min
Sequence: A B A C B A D
Wait: 2 Beats (start after he sings "oh you ...")

Quick Cues

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Part A (32 Beats)

4 Jackson Break
4 Fancy Kick
4 Mountain Goat
4 Double Back Flip (1/2 L)
4 2 Rock Across Basic
4 Double Back Flip (1/2 L)
4 Jackson Break
4 Fancy Kick

Part B (33 beats)

8 Clogover Slide
4 2 Fontana
4 Triple (1/2 R)
8 Clogover Slide
4 2 Fontana
4 Triple (1/2 R)
1 1 Rock Step

Part A (32 Beats)

4 Jackson Break
4 Fancy Kick
4 Mountain Goat
4 Double Back Flip (1/2 L)
4 2 Rock Across Basic
4 Double Back Flip (1/2 L)
4 Jackson Break
4 Fancy Kick

Part C (32 Beats)

4 Twisty Four
4 Stomp Basic Kick (1/4 L)
24 REPEAT 3 MORE TIMES

Part B (33 beats)

8 Clogover Slide
4 2 Fontana
4 Triple (1/2 R)
8 Clogover Slide
4 2 Fontana
4 Triple (1/2 R)
1 1 Rock Step

Part A (32 Beats)

4 Jackson Break
4 Fancy Kick
4 Mountain Goat
4 Double Back Flip (1/2 L)
4 2 Rock Across Basic
4 Double Back Flip (1/2 L)
4 Jackson Break
4 Fancy Kick

Part D (12 Beats)

4 Jackson Break
4 Fancy Kick
4 Triple Step Heel (Full R)



Step Definitions - Poor, Broke, Mixed Up Mess Of A Heart

JACKSON BREAK:

DT-BA/FLA (P) FLA/BA (P) BA/FLA HD/BA LIFT/SL
L L/R L/R L/R L /R L /R
& 1 & 2 & 3 & 4

FANCY KICK:

DS DS RS K H
L R LR L R
&1 &2 &3 & 4

MOUNTAIN GOAT:

DS BA (XIF) BA (OTS) BA (OTS) BA (XIF) BA (XIB) SL
L R L R L R R
&1 & 2 & 3 & 4

DOUBLE BACK FLIP:

DS [DT(BK) SL BR(UP) SL] (1/2 L) DS
L R L R L R
&1 & 2 & 3 &4

ROCK ACROSS BASIC:

DS R(XIF) S
L R L
&1 & 2

CLOGOVER SLIDE:

DS (OTS) DS (XIF) DS (OTS) SL S (XIB) DS (OTS) DS (XIF) DS RS
L R L L R L R L RL
&1 &2 &3 & 4 &5 &6 &7 &8

FONTANA:

DS BR(XIF) H
L R L
&1 &

TRIPLE:

DS DS DS RS
L R L RL
&1 &2 &3 &4

ROCK STEP

RS
LR
&1

TWISTY FOUR:

DS (OTS) DS (XIF) BA (OTS) BA (XIB) BA (OTS) S (XIF)
L R L R L R
&1 &2 & 3 & 4

STOMP BASIC KICK: (This routine, 1/4 L on R S)

(P) STO DS RS K/DR-SL
L R LR L/R R
& 1 &2 &3 & 4

TRIPLE STEP HEEL: (This routine, Full R on 3 DS)

DS DS DS S TCHH (OTS)
L R L R L
&1 &2 &3 & 4