

Messed Up

Count: 32

Wall: 2

Level: High Beginner

Choreographer: Gitte Kunckel Stehr (DK) - September 2024

Music: Messed Up As Me - Keith Urban : (Album High - Amazon, Spotify, iTunes)



Intro: 40 counts/24 sec. – start on lyrics “I’m out tonight...”

Sec. 1: Side, together, rumba step forward, side, together, rumba step back

1-2 Step R to right side, step L together
3&4 Step R to right side, step L together, step R fw
5-6 Step L to left side, step R together
7&8 Step L to left side, step R together, step back on L

Sec. 2: Back, back, coaster step, step ½ turn, step, lock, step

1-2 Step back on R, step back on L
3&4 Step back on R, step L together, step R fw
5-6 Step L fw, ½ turn right stepping R fw (6:00)
7&8 Step L fw, lock R behind L, step L fw

Restart here on wall 3 and 5 facing back wall

Sec. 3: Side rock, cross shuffle, ¼ right, side, cross shuffle

1-2 Rock R to right side, recover on L
3&4 Cross R over L, step L to left side, cross R over L
5-6 ¼ right stepping back on L (9:00), step R to right side
7&8 Cross L over R, step R to right side, cross L over R

Sec. 4: Side rock, behind, side, cross, side rock, sailor ¼ turn left

1-2 Rock R to right side, recover on L
3&4 Cross R behind L, step L to left side, cross R over L
5-6 Rock L to left side, recover on R
7&8 Cross L behind R, turn ¼ left stepping R to right side (6:00), step L slightly fw

Tag At the end of wall 8 facing front wall: V-step

1-2 Step R to right diagonal, step L to left diagonal
3-4 Step R back to center, step L together (weight L)

Start again

Ending: Last wall ends towards front wall – make a big step right on R (1) dragging L together (2)