

# Messed Up

Compte: 48

Mur: 4

Niveau: Improver / Intermediate



Chorégraphe: Peter Davenport (ES) - November 2016

Musique: He's Messed Up - Jo Dee Messina

## #16 Count Intro, Approx 7 Seconds, Start On Vocals (she will sing I)

### S1: Step L to L, R Sailor, Cross L Behind R, ¼ R, Toe Touches

- 1 Step L to L □□□□□□□□□□ 12  
2&3 Sailor step R□□□□□□□□□□ 12  
4.5 Cross L behind R, ¼ R step on R□□□□□□□□ 3  
6&7 Touch L toe forward, Bring L to R, Switch and touch R toe□□□□ 3  
8&8 Bring R to L, Switch and touch L toe forward, Bring L to R□□□□ 3

### S2: Pivot ¼ L, Cross Shuffle, ¼ R, ¼ R, Cross Shuffle

- 1.2 Step forward on R, Pivot ¼ L□□□□□□□□□□ 12  
3&4 Cross shuffle R foot leading□□□□□□□□□□ 12  
5.6 ¼ Step back on L, ¼ R step R to R□□□□□□□□ 6  
7&8 Cross shuffle L foot leading□□□□□□□□□□ 6

### S3: Side Rock Behind Side Cross, Side Rock Behind Side ¼ R

- 1.2 Rock R to R, Recover on L□□□□□□□□□□ 6  
3&4 Cross R behind L, Step L to L, Cross R over L□□□□□□□□ 6  
5.6 Rock L out to L, Recover on R□□□□□□□□□□ 6  
7&8 Cross L behind R, ¼ R step on R, Step forward on L□□□□□□ 9

### S4: Step Pivot ½ Shuffle, Reverse ½ Shuffle, Coaster Step

- 1.2 Step forward on R, Pivot ½ L□□□□□□□□□□ 3  
3&4 R shuffle forward□□□□□□□□□□ 3  
5&6 Reverse ½ shuffle, turning to your R, L.R.L□□□□□□□□ 9  
7&8 R coaster step□□□□□□□□□□ 9

\*Restart wall 3□□□□□□□□□□

### S5: Side Behind & Cross Step, Sailor ¼ R, Rock Replace

- 1 Step L to L□□□□□□□□□□□□ 9  
2&3 Cross R behind L, Step L to L, Cross Rover L□□□□□□□□ 9  
4 Step L to L□□□□□□□□□□□□ 9  
5&6 R ¼ sailor step forward on R□□□□□□□□□□ 12  
7.8 Rock forward on L, Recover on R□□□□□□□□□□ 12

### S6: R Back Lock Step, L Back Lock Step, ¼ Coaster Step L, Step, HOLD

- 1&2 L back lock step□□□□□□□□□□□□ 12  
3&4 R back lock step□□□□□□□□□□□□ 12  
5&6 L ¼ turning L coaster step□□□□□□□□□□□□ 9  
7.8 Step forward on R, HOLD□□□□□□□□□□□□ 9

\*Restart on Wall 3, Dance up to and including count 7&8 on S4 step L to L

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