

He's Messed Up

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 4 级数: Improver
编舞者: Dee Blansett (USA) - February 2015
音乐: He's Messed Up - Jo Dee Messina



S1: Syncopated Hops Forward & Back with Holds; Alternating Heel Taps, Walk, Walk

&1-2 Hop/Step forward Right (&), Left (1), Hold (2)
&3-4 Hop/Step Back-bringing feet closer together Right (&), Left (3), Hold (4)
5&6 Touch Right Heel Forward (5) Pull right foot back to center - switch weight to right foot (&)
 Tap Left heel forward (6)
7-8 (Pull left foot back to center – Walk forward Right (7), Left (8))

S2: Syncopated Hops Forward & Back with Holds; Alternating Heel Taps, Walk, Walk

&1-2 Hop/Step forward Right (&), Left (1), Hold (2)
&3-4 Hop/Step Back Right (&), Left (3), Hold (4)
5&6 Touch Right Heel Forward (5) Pull right foot back to center - switch weight to right foot (&)
 Tap Left heel forward (6)
7-8 (Pull left foot back to center – Walk forward Right (7), Left (8))

S3: Shuffle Forward Rock- Step; Shuffle Backward Rock-Step

1&2 Shuffle step forward Right (1), Left (&), Right (2)
3-4 Rock forward on Left foot (3) Recover to Right (4)
5&6 Shuffle step backward Left (5), Right (&), Left (6)
7-8 Rock back on Right (7), Recover to Left (8)

S4: Shuffle ½ Turn Left, Rock-Step, Shuffle ½ Turn Right Rock-Step

1&2 Turn ¼ turn left- Stepping Right to right side (1), Step Left next to right (&) Turn ¼ turn left
 –Stepping back on Right (2)
3-4 Rock back on Left (3), Recover on Right (4)
5&6 Turn ¼ turn Right- Stepping Left side left (5), Step Right next to Left (&), Turn ¼ turn Right-
 Stepping back on Left (6)
7-8 Rock back on Right (7), Recover on Left (8) 12:00

**** Restart here on wall 3 facing 6:00**

S5: R & L Toe Struts, Boogie Walk Slightly Forward (x4)

1-4 Touch Right Toe Forward (1), Drop heel down (2) Touch Left toe forward (3), Drop heel down
 (4)
5-8 Swivel walk slightly forward- Right (5) Left (6), Right (7), Left (8)

S6: Step Touches (R&L), Step side, ¼ Left & Hook Left in front of Right, Shuffle Forward Left

1-4 Step Right side right (1), Touch Left beside right (2), Step Left side left (3), Touch Right
 beside left (4)
5-6 Step Right side right (5), ¼ Left and hook Left in front of right (6)
7&8 Shuffle step forward Left (1), Right (&), Left (2)

Repeat!

Restart: on wall rotation 3, dance 32 counts in and Restart facing 6:00.

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