

# F\*cked Up

COPPERKNOB  
BY STEPHEN

拍数: 80      墙数: 2      级数: Phrased Intermediate  
编舞者: Saku Tonteri (FIN) & Susanna Tonteri (FIN) - November 2015  
音乐: That's How You Know (feat. Kid Ink & Bebe Rexha) - Nico & Vinz



This dance begins from the third eight.

Sequence: AA AA AA B AA

## PART A (32 counts)

### A1: 2 x WALKS, SYNCOPATED ROCKSTEP WITH 1/4TURN, 1/4TURN WITH SWEEP, BEHIND, SIDE, CROSS SHUFFLE

1,2,3&      step R fwd (1), step L fwd (2), rock R fwd (3), recover on L (&)  
4            1/4 turn right step R to right side (4)  
5            1/4 turn right step L next to R & sweep R from front to back (5)  
6&7&      step R behind L (6), step L to left side (&), cross R over L (7), step L to left side (&)  
8            cross R over L (8) [6:00]

### A2: SLIDE, BALL CROSS, 1/4 TURN ROCKSTEP, STEP/FLICK, 1/2 PIVOT TURN, 1/2 TURN, BALL STEP

1,2&3      step big step L to left side (1), hold (2), step R next to L (&), cross L over R(3)  
4&5        1/4 turn right step R fwd (4), recover on L (&), step R fwd & flick L (5)  
6,7,8      step L fwd (6), 1/2 turn right step R fwd (7), 1/2 turn right step L back (8)  
&1        step R next to L (&) 1/4 turn left step L to left side (1) [6:00]

**Styling: On count 8 (after 1/2 pivot turn) while stepping back on L you can add body roll (upper body first). You may also add (specially on chorus ) arm movement. When doing body roll bring your arms up to shoulder level and "throw" them fwd on ball step (&8).**

### A3: TOUCH, STEP, ANCHOR STEP WITH SWEEP, WEAVE, SCISSOR STEP WITH 1/4TURN

2,3,4      touch R next to left (2), step R fwd diagonal (3), cross L behind R (4)  
&5        step R on place (&) step L on place and sweep R from front to back(5)  
6&7      Cross R behind L (6), step L to left side (&), cross R over L(7)  
8&1      Step L to left side (8), 1/8turn right step R next to L, 1/8 turn right step L fwd [9:00]

### A4: 2 x SYNCOPATED SCISSORS WITH 1/4 TURN, 4 x WALKS WITH 1/2 TURN [6:00]

2&3&      step R to right side (2), step L next to R (&), cross R over L (3) step L to left side (&)  
4&5        1/4 turn right step R next to L (4), step L fwd (&), 1/8 turn right step R fwd (5)  
6,7,8      1/8 turn right step L fwd (6), 1/8 turn right step R fwd (7), 1/8 turn right step L fwd (8)

## PART B (48 counts)

### B1: STEP, LOCK, STEP, STEP, LOCK, SWEEP, STEP, SIDE, 2 x KNEE TWIST

1& 2      step R diagonal [1.30] (1), step L slightly cross behind R (&), step R diagonal (2)  
&3        step L diagonal [10.30] (&), step R slightly cross behind L (3)  
4,5,6      sweep L from [12:00]to [6:00](4), step L slightly cross behind R(5), step R to right side (6)  
7& 8&      twist L knee in (7) twist L knee out (&), twist L knee in (8), twist L knee out (&)

### B2: WEIGHTCHANGE, BEHIND, SIDE, 3/4 CROSSTURN, BACK, TOES, HEELS

1, 2, 3      change weight to L (1), step R behind L (2), step L to left (3)  
4-6        step R cross L [12:00] immediately start turning CCW 3/4 to [3.00] (4-6)  
7            step L backwards change weight to heels (7)  
8&        turn toes to face [12:00] change weight to toes (8), turn heels to [7:30] put weight to L(&)

**Styling: While turning (4-6) you may use your hips and turn them anticlockwise from left to right.**

### B3: BACK, SIDE, CROSS, BALL STEP, KNEE TWIST, FLICK, 1/2 PIVOT, 1/4 BALL CROSS

1, 2, 3      step R backwards (1), step L to left face [12:00] (2), step R cross L (3)

4& step L ball to left as knee twisted in (4) twist L knee out (&  
5 put full weight on L/raise R to air face [9:00] (5)  
6-7 step R fwd turn 1/2 left [3:00] change weight to L (6-7)  
8& step R ball fwd (8) step L cross R turn face to [12:00] (&)

**B4: 1/4 TURN STEP, 2 x SCISSORS, WEAVE, STEP, 7/8 HOPS**

1, 2&3 1/4turn right step R fwd [3.00](1), step L to left(2), step R together L(&), step L crossR(3)  
4&5& step R to right (4), step L together R (&), step R cross L (5), step L to left (&  
6&7 step R behind L (6), step L to left (&), step R diagonal [4:30] (7)  
8& jump little hops twice/ turn left 7/8 to face [6:00] make sure weight is on L (8&)

**B5: ROCKSTEP, 1/4 TURN, 3/4 HOPS, SIDE, TOGETHER, SIDE, UNWIND TURN**

1, 2, 3 rock R fwd (1), change weight back L (2), turn 1/4 with R face [9:00] (3)  
4& jump little hops twice/ turn right 3/4 to face [6:00] make sure weight is on L (4&)  
5&6 step R to right (5), step L together (&), step R to right (6), bend your knees  
7-8 step L cross R turn full turn right leave weight on R (7-8)

**B6: SIDE, TOGETHER, 2x RUNS, TOUCH, SHOULDER SHRUG, 4x WALKS 1/2 TURN**

1& 2& step L to left (1), step R together (&), step R fwd (2), step L fwd (&  
3, 4 touch R next to L (3), raise shoulders and turn palms up (4)  
&5 drop shoulders and palms down (&), step R back (5),  
6, 7, 8 1/4 turn right step L cross behind R (6), 1/4 turn right step R fwd[12:00] (7), step L fwd (8)

Hope you enjoy

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