

Messing Up My Mind

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Ann Robb (UK) & Alex Robb (UK) - February 2016
音乐: Up All Night - Charlie Puth : (Album: Nine Track Mind - iTunes)



Start on Vocals - 16 count intro

Sec 1. □Side, Behind, 1/4 Turn R, Step, 1/2 Turn R, 1/4 Turn R, Behind, Rock, Recover, Cross, 1/4 Turn L, Step, Together

- 1. Step R a long step to R side
- 2&3 Step L behind R, Turn 1/4 R stepping fwd on R, Step fwd on L
- 4&5 Pivot 1/2 turn R (weight on R), Turn 1/4 R stepping L to L side, Step R behind L
- 6&7 Rock L to L side, Recover on R, Cross L over R
- 8& Turn 1/4 L stepping back on R, Step L beside R

Sec 2. □Step Back, Sweep, R Coaster Step, Prissy Walks L & R, 1/2 Turn R, 1/4 Turn R, Cross

- 1,2 Step back on R, Sweep L from front to back stepping down on L
- 3&4 Step back on R, Step L beside R, Step fwd on R
- 5,6 Walk fwd on L crossing L over R slightly, Walk fwd on R crossing R over L slightly
- 7&8 Turn 1/2 R stepping back on L, Turn 1/4 R stepping R to R side, Cross L over R

Sec 3. □Side, Cross Rock, Side Rock, Step Back, 1/4 Turn R, 1/4 Turn R, Behind, Side, Cross

- 1 Step R a long step to R side
- 2&3&4 Cross Rock L over R, Recover on R, Rock L to L side, Recover on R, Step back on L
- 5,6 Turn 1/4 R stepping fwd on R, Turn 1/4 R stepping L to L side
- 7&8 Step R behind L, Step L to L side, Cross R over L

Sec 4. □Sway L & R, Behind 1/4 Turn R, Step, Side, Together, Fwd, Side, Together, Back, □Touch

- 1,2 Sway L, Sway R
- 3&4 Step L behind R, Turn 1/4 R stepping fwd on R, Step fwd on L
- 5&6 Step R to R side, Step L beside R, Step fwd on R
- 7&8& Step L to L side, Step R beside L, Step back on L, Touch R next to L

START AGAIN

ENDING: Wall 8: Dance up to and including counts 4&5 of section 1, then a small step change for counts 6&7

- 6&7 Rock L to L side, Recover on R turning 1/4 R, Step fwd on L □(ending on 12.00 wall)

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