

More Mess

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 2 级数: Intermediate Funky
编舞者: Montse Garres (ES) & Miguel Angel Sanjuan (ES) - November 2017
音乐: More Mess (feat. Olly Murs & Coely) - Kungs



Traslation by: Miguel Ángel Sanjuán "Wild West LD&CWD"

Intro: After 32 counts

[1 – 8]: SYNCOPATED SAILOR STEP R – L, PADDLE (TOTAL TURN ¼),

1 & 2 Cross R foot behind the Lf foot, open Lf foot to the Lf, open R foot to the R.

3 & 4 Cross Lf foot behind the R foot, open R foot to the R, open Lf foot to the Lf.

5&6&7&8 Turn Lf carrying four times ¼.

[9–16]: SYNCOPATED OUT-OUT & IN-IN (R – L), KILL BALL CROSS R to L, ROCK SIDE R, CROSS R to L, HELL BOUNCES (x2)

&9&10 Open R foot forward on R diagonal, open Lf foot forward on Lf diagonal, return to R foot and Lf foot

11 – 12 Kick R foot diagonally to the R, cross Lf foot forward R foot.

13 – 14 Open R foot to the R, cross R foot in front L foot.

15 & 16 Raise both heels at the same time (x2)

[17–24]: ROCK L, RECOVER, STEP L to R, ROCK RECOVER SIDE R, CIRCLE ARM UP CLOCKWISE (x3), BEHING CROSS R to L, ½ TURN R

17 –18 & Open Lf foot to the Lf, return weight to the R foot and join Lf foot to the R foot side.

19 –20 Open R foot to the R, return weight to the Lf foot.

21 & 22 & 23 Turn both arms in a circle clockwise (x3), cross R foot behind the Lf

& 24 Turn ½ to the R

NOTE: In count 23 mark with both hands to the Lf snapping your fingers and at the same time cross the right foot behind the Lf.

[25–32]: BACK SWEEPS, ROCK BACK R, RECOVER, JUMP FWD STEP DIAGONALLY R, TOUCH L, JUMP FWD STEP DIAGONALLY L, TOUCH R,

25 & 26 Walk with foot R sweeping back, walk with foot Lf sweeping back

27 – 28 Step R back, return weight Lf foot

29 – 30 Jump diagonally to the right with right foot, touch L down to R side.

31 – 32 Jump diagonally to the Lf with L foot, touch R down to L side.

START OVER

Enjoy & Have Fun!!!!

Contact:

wildwest.svh@gmail.com

miquel.sanjuana@wildwestlinedancecountry.com

montse.garres@wildwestlinedancecountry.com

Web: <http://wildwestlinedancecountry.blogspot.com.es/>

Facebook:

<https://www.facebook.com/Wild-West-Line-dance-Country-Western-Dance-Spain-235643639859985/?ref=hl>

Youtube Channel: <https://www.youtube.com/channel/UCI-dy7Qrz7Y4DxEueLxDQxQ>

Tel.- +34 652760976 – +34 636277945

Descarga Música / Descarrega Musica / Download Music:

