

Messed It Up

拍数: 32 墙数: 4 级数: Improver
编舞者: Ryan King (UK) - August 2018
音乐: Cheat - Emily Burns



Intro: 16 counts, start on vocals. No Tags or Restarts.
Music goes slightly out of synch towards the end, just dance through it.

R Cross Point, R Step, Behind Side Cross, Rock Recover 1/4 R Shuffle

1 2 Point R toe in front of L, step R to R side.
3 & 4 Step L behind R, step R to R side, step L in front of R.
5 6 Rock R to R side, recover 1/4 onto L. (9 o'clock)
7 & 8 Step R forward, step L next to R, step R forward.

L Mambo, Walk Back R L, R Coaster Cross, & Rock Cross

1 & 2 Rock L forward, recover onto R, step back L.
3 4 Walk back R, L.
5 & 6 Step back R, step L next to R, step R in front of L.
& 7 8 Rock L to L side, recover onto R, step L in front of R.

R Rock Recover, Behind 1/4 Step, L Rock Recover, 1/2 x 2

1 2 Rock R into R corner, recover onto L
3 & 4 Step R behind L, step 1/4 on L, step forward R. (6 o'clock)
5 6 Rock forward L, recover onto R.
7 8 Step 1/2 L (12 o'clock), step 1/2 R (6 o'clock)

L Coaster, 1/4 R Jazz Box, R Side Rock Recover

1 & 2 Step back L, step R next to L, step forward L.
3 4 Cross R over L, step back L.
5 6 Make 1/4 R stepping R to R side, cross L over R. (9 o'clock)
7 8 Rock R to R side recover onto L.
