

I'm A Mess

拍数: 32
编舞者: Erma Go (INA) - May 2023
音乐: I'm a Mess - Bebe Rexha

墙数: 4

级数: High Beginner



Intro : 16 Count – Start on Vocal

Tag : 2 Count – After Wall 8

Restart : Wall 4 – After 16 count

Section 1 : Cross Samba – ¼ Diamond Turn R

1 & 2 Step RF cross over LF – step LF to L – Step RF in place
3 & 4 Step LF cross over RF – step RF to R – Step LF in place
5 & 6 Step RF cross over LF – step LF to L – 1/8 turn R and step RF back
7 & 8 Step LF back – 1/8 turn R and step RF to R – step LF forward (03.00)

Section 2 : Side – Recover – Cross Behind – Side – Cross Over – (R,L)

1 – 2 Step RF to R – recover on LF
3 & 4 Step RF cross behind LF – step LF to L – step RF cross over LF
5 – 6 Step LF to L – recover on RF
7 & 8 Step LF cross behind RF – step RF to R – step LF cross over RF

Restart on Wall 4

Section 3 : ½ Pivot Turn – Suffle – (R,L)

1 – 2 Step RF forward – ½ turn L recover on L
3 & 4 Step RF forward – step LF close behind RF – step RF forward
5 – 6 Step LF forward – ½ turn R recover on R
7 & 8 Step LF forward – step RF close behind LF – step LF forward

Section 4 : Heels Swicthing – ¼ Paddle Turn – (2X)

1 & 2 & Step heel RF forward – step RF close beside LF – step heel LF forward – step LF close beside RF
3 – 4 Step RF forward – ¼ turn L with rolling hips
5 & 6 & Step heel RF forward – step RF close beside LF – step heel LF forward – step LF close beside RF
7 – 8 Step RF forward – ¼ turn L with rolling hips

Tag : ½ Pivot Turn L

1 – 2 Step RF forward – ½ turn L recover on L

Last Update: 10 May 2023