

Messing Up

拍数: 32 墙数: 2 级数: Improver polka
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音乐: You Need a Man Around Here - Brad Paisley



STEP, TOUCH, BACK ROLLING VINE, STOMP, KICK

1-2 Step right forward, touch left to right
3-4 Step back left, right as start 1 full turn left
5-6 Step back left, right as complete 1 full turn left
7-8 Stomp left forward, kick right forward

SHUFFLE, SHUFFLE, STOMP, KICK, KICK, BALL, CHANGE

1&2 Right shuffle forward
3&4 Left shuffle forward
5-6 Stomp right forward, kick left forward
7&8 Left kick, ball, change

MONTEREY TURN, ROLLING VINE

1-2 Touch left toe to left, turn ½ turn left as step left to right
3-4 Touch right toe to right, touch right toe to left
5-6 Moving right, step right, left as start 1 full turn right
7-8 Step right, as complete 1 full turn right, left scuff

Alternative steps:

5-6 Step right to right, cross step left behind right
7-8 Step right to right, left scuff

SHUFFLE, SHUFFLE, ROLLING VINE

1&2 Left shuffle forward
3&4 Right shuffle forward
5-6 Moving left, step left, right as start 1 full turn left
7-8 Step left, as complete 1 full turn left, right scuff

Alternative steps:

5-6 Step left to left, cross step right behind left
7-8 Step left to left, right scuff

REPEAT
