

Poor, Heartbroken Mess

拍数: 0 墙数: 0 级数:
编舞者: Pierre Nystrom (SWE)
音乐: Mixed up Mess of a Heart - Danni Leigh



Sequence: AB ACB AC AA

PART A, 32 COUNTS

STEPS FORWARD X4, LEFT VINE W. HITCHES

These steps are taken shoulder width apart

- 1- Step left foot forward
- 2- Step right foot forward
- 3- Step left foot forward
- 4- Step right foot forward
- 5& Left foot step to left side, right foot cross behind left foot
- 6& Left foot step to left side, hitch right knee
- 7& Right foot step down, hitch left knee
- 8& Left foot step down, hitch right knee

SYNCOPATED WEAVE RIGHT, ROCK, ½ TURN SHUFFLE

- 1 Right foot step right side
- 2&3 Left foot cross behind right foot, right foot step right side, left foot cross in front of right foot
- 4& Right foot step right side, left foot cross behind right starting to turn your body ¼ right
- 5-6 Complete turning ¼ rocking right foot forward (3:00), recover
- 7&8 Shuffle right, left, right turning ½ over right shoulder

KICK, STEP APART, SWIVELS, FORWARD SHUFFLE, ¼ MAMBO ROCK

- 1&2 Kick left foot forward, step down left foot, right foot (ending shoulder width apart)
- &3&4 Swivel heels in, swivel toes in (feet together), lift heels of floor, flatten heels
- 5&6 Shuffle forward left, right, left
- 7&8 Rock right foot forward, recover, turn ¼ right stepping right foot forward

½ MAMBO ROCK, SHUFFLE, KICKS & KICK BALL CHANGE

- 1&2 Rock left foot forward, recover, turn ½ over left shoulder stepping left foot forward
- 3&4 Shuffle forward right, left, right
- 5&6& Kick left foot forward, step left foot center, kick right foot forward, step right foot center
- 7&8 Kick left foot forward, step left foot down centered (weighted), shift weight to right foot

PART B, 32 COUNTS

SAILOR STEP, WEAVE, ½ SIDE MAMBO, SAILOR STEP

- 1&2 Cross left foot behind right foot, step right foot to right side, step left foot slightly forward
- 3&4 Cross right foot behind left foot, step left foot to left side, cross right foot in front of left foot
- 5&6 Rock left foot to left side, recover, step left next to right while turning ½ over left shoulder
- 7&8 Cross right foot behind left foot, step left foot to left side, step right foot slightly forward

SAILOR STEP, WEAVE, ½ SIDE MAMBO, ¼ MAMBO

- 1&2 Cross left foot behind right foot, step right foot to right side, step left foot slightly forward
- 3&4 Cross right foot behind left foot, step left foot to left side, cross right foot in front of left foot
- 5&6 Rock left foot to left side, recover, step left next to right while turning ½ over left shoulder
- 7&8 Cross rock right foot over left foot, recover, turn ¼ right stepping right foot forward

KICK - MONTEREY TURN - HITCH & POINT TWICE

- 1& Kick left foot forward, step left to center
- 2& Point right toes to right, turn ½ over right shoulder while stepping right foot to center
- 3& Point left toes to left, hitch left knee
- 4 Point left toes to left side
- 5-8 Repeat steps 1-4, stepping down on left count 8

ROCK, ¼ SHUFFLE, STEP TURN, LUNGE FORWARD

- 1-2 Cross rock right foot over left foot, recover
- 3&4 Shuffle right, left, right while turning ¼ to your right
- 5-6 Step left foot forward, turn ½ over right shoulder on both feet
- 7-8 Step left foot forward sliding right foot towards left foot, push right foot back again and take weight

During this lunge your left leg is bent and your right leg remains straight, and both feet touch the floor. You can almost feel the lunge in the music

PART C, 16 COUNTS

WEAVE TO THE RIGHT, ROCK, WEAVE LEFT, ROCK

- 1&2& Cross left foot behind right foot, step right foot to right side, cross left foot in front of right foot, step right foot to right side
- 3&4& Cross left foot behind right foot, step right foot to right side, cross rock left foot in front of right foot, recover
- 5&6& Step left foot to left side, cross right foot behind left foot, step left foot to left side, cross right foot in front of left
- 7&8& Step left foot to left side, cross rock right foot behind left, recover, step right foot to right side

TOE-HEEL TWICE, ROCK AND BRUSH, REPEAT WITHOUT LAST BRUSH

- 1&2& Cross touch left toes in front of right foot, flatten heel, touch right toes to side, flatten heel
 - 3&4& Cross rock left foot in front of right foot, recover, step left foot to left side, brush right foot next to left
 - 5&6& Cross touch right toes in front of left foot, flatten heel, touch left toes to left side, flatten heel
 - 7&8 Cross rock right foot in front of left foot, recover, step right foot to right side
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