

All Messed Up

COPPERKNOB
STEPSHEETS

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Bob Bonett (USA)
音乐: Mess Me Around - JW Houston



STEP RIGHT TO SIDE, TOGETHER LEFT, SIDE SHUFFLE, ROCK RECOVER, COASTER

1-2 Step right to side, step left next to right
3&4 Side shuffle right left right
5-6 Rock forward left, step right in place
7&8 Step back left, together right, step forward left

STEP PIVOT, SHUFFLE, SIDE ROCK, RECOVER, ¼ TURN SHUFFLE

9-10 Step forward right ½ pivot to left
11&12 Forward shuffle right left right
13-14 Rock to left, recover right
15&16 Turn ¼ left shuffle left right left

¼ TURN, ¼ TURN, COASTER, ¼ TURN ¼ TURN, COASTER

17-18 Step forward right turning ¼ to the right, step forward left turning ¼ to the right
19&20 Step back right together left, step forward right
21-22 Step forward left turning ¼ counter to the right, step forward right turning ¼ counter to the right
23&24 Step back left, together right, step forward left

STEP ¼ STEP ¼ SHUFFLE ½ TURN ROCK RECOVER, SIDE SHUFFLE

25-26 Step right to side with ¼ turn to right on ball of right, turn ¼ turn to right stepping on left
27&28 ½ turn right left right shuffle to right
29-30 Rock left over right, step right in place
31&32 Side shuffle left right left

ROCK RECOVER ½ TURN SHUFFLE, ROCK RECOVER ½ TURN SHUFFLE

33-34 Rock right over left, step left in place
35&36 ½ turn right shuffle to right
37-38 Rock left over right
39&40 ½ turn left shuffle to left

DIAGONAL STEP DIAGONAL SHUFFLE, DIAGONAL STEP DIAGONAL SHUFFLE

41-42 Step diagonally forward right together left
43&44 Shuffle diagonally forward right left right
45-46 Step diagonally forward left together right
47&48 Shuffle diagonally forward left right left

REPEAT