

She's a Mess

COPPERKNOB
BY STEPHEN

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Malene Jakobsen (DK) - January 2010
音乐: Dance in the Dark - Lady Gaga : (Album: The Fame Monster)



Intro: 32 counts from when the heavy beat kicks in, 47 sec. into track - dance begins with weight on R

(1-9) Walk back, ball touch back, ½, rock ¼, ball side, cross back, point

1-2& (1-2) Walk back L, R, (&) step L next to R 12.00
3-4 (3) Touch R toes back, (4) turn ½ R putting weight on R 6.00
5-6 (5) Rock forward on L, (6) recover onto R making ¼ turn R 9.00
&7-8-1 (&) Step L next to R, (7) step R to R, (8) cross L behind R, (1) point R to R 9.00

(10-17) Cross shuffle, ¼, ¼, step, walk, point & pop

2&3 (2) Cross R over L, (&) step L to L, (3) cross R over L 9.00
4&5 (4) Turn ¼ R stepping back on L, (&) turn ¼ R stepping R to R, (5) step forward on L 3.00
6-7 (6-7) Walk forward R, L 3.00
8&1 (8) Point R forward, (&1) pop knees - keep weight on L 3.00

(18-25) Coaster, touch, back, back, shuffle ½, pop ¼

2&3 (2) Step back on R, (&) step L next to R, (3) step forward on R 3.00
4&5 (4) Touch L next R, (&) step slightly back on ball of L, (5) step back on R 3.00
6&7 (6) Turn ¼ L stepping L to L, (&) step R next to L, (7) turn ¼ L stepping forward on L 9.00
8&1 (8) Step forward on R, (&1) pop knees making ¼ turn L - keep weight on R 6.00

(26-32) Touch, ball cross, touch, ball, jazz box, together

2&3 (2) Touch L next to R, (&) step L next to R, (3) cross R over L 6.00
&4& (&) Step L to L, (4) touch R next to L, (&) step R next to L 6.00
5-6-7-8 (5) Cross L over R, (6) step back on R, (7) step L to L, (8) step R next to L 6.00

NOTE: Restart here on wall 3 – you'll be facing 12.00 o'clock

(33-41) Ball step, slow mambo ½, ¼, sailor x 2

&1 (&) Step slightly back on L, (1) step forward on R 6.00
2-3-4 (2) Rock forward on L, (3) recover onto R, (4) turn ½ L stepping forward on L 12.00
5 (5) Turn ¼ L stepping R to R 9.00
6&7 (6) Cross L behind R, (&) step R to R, (7) step L to L 9.00
8&1 (8) Cross R behind L, (&) step L to L, (1) step R to R 9.00

(42-49) Behind, ¼, ½, back, coaster, lock step

2-3 (2) Cross L behind R, (3) turn ¼ R stepping forward on R 12.00
4 (4) On ball of R turn ½ R touching L next to R 6.00

NOTE: Restart here on wall 7 – you'll be facing 6.00 o'clock

5 (5) Step back on L
6&7 (6) Step back on R, (&) step L next to R, (7) step forward on R 6.00
8&1 (8) Step forward on L, (&) lock R behind L, (1) step forward on L 6.00

(50-57) Knee pops ½, kick ball step, rock ¼, cross rock

&2 (&2) Pop knees making ¼ turn R 9.00
&3 (&3) Pop knees making another ¼ turn R – keep weight on L 12.00
4&5 (4) Kick R forward, (&) step R next to L, (5) step forward on L 12.00
6-7 (6) Step forward on R, (7) recover onto L making ¼ turn L 9.00
8-1 (8) Cross R over L, (1) recover onto L 9.00

(58-64) ¼, hip bumps, ball side rock, cross, unwind

2 (2) Turn ¼ R stepping forward on R 12.00

3-4 (3) step L slightly L and bump L, (4) bump R 12.00

NOTE: Restart here on walls 1 & 4, you'll be facing 12.00 o'clock both times 12.00

&5-6 (&) Step L next to R, (5) rock R to R, (6) recover onto L 12.00

7-8 (7) Cross R over L, (8) unwind ½ L – keep weight on R 6.00

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