

I'm A Mess

拍數: 64 牆數: 2 級數: Advanced
編舞者: Travis Taylor (AUS) - November 2014
音樂: I'm a Mess - Ed Sheeran : (Album: X - iTunes - 4:17)



INTRO: IMMEDIATELY – Start on the word MESS – “Oh, I’m a Mess right now” □

SIDE DRAG, BEHIND, 1/4 R FWD, ROCK/HOLD, REPLACE, 1/2 L FWD

1-2 Long Step R to R side & Drag L towards R, Hold
3-4 Step L behind R, 1/4 R Step R fwd
5-6 Rock fwd on L, Hold
7-8 Replace weight on R, 1/2 L Step L fwd

SPIN 3/4 L, SIDE ROCK/REPLACE, SLOW SAILOR STEP, BEHIND

1-2 1/2 L Step R back, 1/4 Hitch L knee up (Smooth 3/4 L)
3-4 Rock L to L side, Replace weight on R See tag notes below
5-6-7-8 Step L behind R, Rock R to R side, Replace weight on L, Step R behind L

1/4 L FWD, HOLD, PIVOT 1/4 L, CROSS, HOLD, 1/4 R BACK, 1/2 R FWD

1-2 1/4 L Step L fwd, Hold
3-4-5-6 Step R fwd, 1/4 L Pivot weight on L, Cross R over L, Hold
7-8 1/4 R Step L back, 1/2 R Step R fwd

1/2 R BACK DRAG, HOLD, BACK, TOGETHER, STEP FWD, HOLD, STEP FWD, HOLD

1-2 1/2 R Step L back & Drag R towards L, Hold
3-4 Step R back, Step L together
5-8 Step R fwd & Drag L towards R, Hold, Step L fwd & Drag R towards L, Hold

SLOW PIVOT, STEP, STEP, SLOW PIVOT, SIDE, CROSS

1-2 Step R fwd, Hold (Start transitioning into the Pivot)
3-4 1/2 L Pivot weight on L, Step R fwd
5-6 Step L fwd, Hold (Start transition into the Pivot)
7-8 1/4 R Pivot weight on R, Cross L over R R – Walls 2 & 6

SIDE DRAG, HOLD, ROCK BACK/REPLACE, WEAVE L

1-2 Long Step R to R side & Drag L towards R
3-4 Rock L back R, Replace weight on R
5-8 Weave L: Step L to L side, Step R behind L, Step L to L side, Cross R over L

GLIDE 1/4 R BACK, GLIDE 1/4 R FWD, GLIDE 1/4 R BACK, BACK, LOCK

1-2 1/4 R Step L back & Drag R towards L, Hold
3-4 1/4 R Step R fwd & Drag L towards R, Hold
5-6 1/4 R Step L back & Drag R towards L, Hold (Think of these as Glides)
7-8 Step R back, Lock/Cross L over R

BACK DRAG, HOLD, BACK, TOGETHER, STEP FWD, HOLD, PIVOT 3/4 L

1-2 Step back on R & Drag L towards R, Hold
3-4 Step L back, Step R together
5-6 Step L fwd, Hold
7-8 Step R fwd, 3/4 L Pivot weight on L

Restart: on Walls 2 & 5 – Restart on Count 40

Tag: 12 Count Tag on the end of Walls 3 & 6 - Dance the first 10 Counts then Replace the 2nd '3-4' Counts with Step L to L side, Touch R next to L - (12 Counts in total)

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