

# 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)

Travis Taylor – [dancewithtravis@gmail.com](mailto:dancewithtravis@gmail.com) - [travvyt.wix.com/dance](http://travvyt.wix.com/dance) – 0435 810 915

---