

# He's Messed Up

COPPER KNOB  
STEPSHEETS

拍數: 48      牆數: 4      級數: Improver  
編舞者: Dee Blansett (USA) - February 2015  
音樂: He's Messed Up - Jo Dee Messina



## S1: Syncopated Hops Forward & Back with Holds; Alternating Heel Taps, Walk, Walk

&1-2      Hop/Step forward Right (&), Left (1), Hold (2)  
&3-4      Hop/Step Back-bringing feet closer together Right (&), Left (3), Hold (4)  
5&6      Touch Right Heel Forward (5) Pull right foot back to center - switch weight to right foot (&)  
            Tap Left heel forward (6)  
7-8      (Pull left foot back to center – Walk forward Right (7), Left (8))

## S2: Syncopated Hops Forward & Back with Holds; Alternating Heel Taps, Walk, Walk

&1-2      Hop/Step forward Right (&), Left (1), Hold (2)  
&3-4      Hop/Step Back Right (&), Left (3), Hold (4)  
5&6      Touch Right Heel Forward (5) Pull right foot back to center - switch weight to right foot (&)  
            Tap Left heel forward (6)  
7-8      (Pull left foot back to center – Walk forward Right (7), Left (8))

## S3: Shuffle Forward Rock- Step; Shuffle Backward Rock-Step

1&2      Shuffle step forward Right (1), Left (&), Right (2)  
3-4      Rock forward on Left foot (3) Recover to Right (4)  
5&6      Shuffle step backward Left (5), Right (&), Left (6)  
7-8      Rock back on Right (7), Recover to Left (8)

## S4: Shuffle ½ Turn Left, Rock-Step, Shuffle ½ Turn Right Rock-Step

1&2      Turn ¼ turn left- Stepping Right to right side (1), Step Left next to right (&) Turn ¼ turn left  
            –Stepping back on Right (2)  
3-4      Rock back on Left (3), Recover on Right (4)  
5&6      Turn ¼ turn Right- Stepping Left side left (5), Step Right next to Left (&), Turn ¼ turn Right-  
            Stepping back on Left (6)  
7-8      Rock back on Right (7), Recover on Left (8) 12:00

**\*\* Restart here on wall 3 facing 6:00**

## S5: R & L Toe Struts, Boogie Walk Slightly Forward (x4)

1-4      Touch Right Toe Forward (1), Drop heel down (2) Touch Left toe forward (3), Drop heel down  
            (4)  
5-8      Swivel walk slightly forward- Right (5) Left (6), Right (7), Left (8)

## S6: Step Touches (R&L), Step side, ¼ Left & Hook Left in front of Right, Shuffle Forward Left

1-4      Step Right side right (1), Touch Left beside right (2), Step Left side left (3), Touch Right  
            beside left (4)  
5-6      Step Right side right (5), ¼ Left and hook Left in front of right (6)  
7&8      Shuffle step forward Left (1), Right (&), Left (2)

**Repeat!**

**Restart: on wall rotation 3, dance 32 counts in and Restart facing 6:00.**

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