

# Messed Up In Memphis (心糟糟) (zh)

COPPER KNOB  
STEPPERS

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Dee Musk (UK) - 2010年05月  
音樂: Messed Up In Memphis - Darryl Worley : (Album: Sounds Like Life - CD Single)



前奏 : 64 Count Quick Beat Intro – Start on Vocals - Approx 24 secs – 3 mins 50 secs

## 第一段 Side Touch, Touch Out Touch In, Side Touch, Touch Out Touch In. 側踏併點併, 側踏併點併

- 1,4 Step L To L Side, Touch R Beside L, Touch R To R Side, Touch R Beside L. 左足左踏, 右足併點, 右足右點, 右足併點
- 5,8 Step R To R Side, Touch L Beside R, Touch L To L Side, Touch L Beside R. (12 O'Clock) 右足右踏, 左足併點, 左足左點, 左足併點(面向12點鐘)

## 第二段 Scissor Cross Hold, Rock ¼ Turn L Step Hold. 剪刀步 候, 右下沉 1/4回復 踏 候

- 1,4 Step L To L Side, Close R Beside L, Cross Step L Over R, Hold Count 4.  
左足左踏, 右足併踏, 左足於右足前交叉踏, 候
- 5,8 Rock R Out To R Side, Recover Making A ¼ Turn L, Step Forward On R, Hold Count 8.(9 O'Clock).  
右足右下沉, 左轉90度左足回復, 右足前踏, 候(面向9點鐘)

## 第三段 Full Triple Turn R Hold, Step Touch Step Kick. 小三步轉圈 候, 踏 點 踏 踢

- 1,4 Travelling Forward Make A Triple Turn R Stepping L, R, L Hold Count 4.  
小三步往前移動的右轉圈-左, 右, 左, 候  
(Easier Option Shuffle Forward Stepping L,R,L Hold Count 4).  
簡易版-前交換-左, 右, 左, 候
- 5,8 Step Forward On R, Touch L Toe Behind R, Step Back On L, Kick R Forward. (9 O'Clock). 右足前踏, 左足後點, 左足後踏, 右足前踢(面向9點鐘)

## 第四段 Back Step Lock Step Hold, Rocking Chair. 後鎖步 候, 搖椅步

- 1,4 Step Back On R, Cross Step L Over R, Step Back On R, Hold Count 4.  
右足後踏, 左足於右足前交叉踏, 右足後踏, 候
- 5,8 Rock Back On L, Recover Weight To R, Rock Forward On L, Recover Weight To R. (9 O'Clock).  
左足後下沉, 右足回復, 左足前下沉, 右足回復(面向9點鐘)

### Restart

During Wall 4, Dance Up To And Including Section 4 Then Begin Again Facing The 12 O'Clock Wall. 第四面牆跳至此, 面向12點鐘從頭起跳

## 第五段 Scissor Cross Hold, Side Behind ¼ Turn R Hold. 剪刀步 候, 側後 1/4 候

- 1,4 Step L To L Side, Close R Beside L, Cross Step L Over R, Hold Count 4.  
左足左踏, 右足併踏, 左足於右足前交叉踏, 候
- 5,8 Step R To R Side, Cross Step L Behind R, Make A ¼ Turn R Stepping Forward On R, Hold Count 8. (12 O'Clock).  
右足右踏, 左足於右足後交叉踏, 右轉90度右足前踏, 候(面向12點鐘)

## 第六段 Step ½ Turn Step R Hold, ½ Turn L Touch, ½ Turn L Brush. 踏 轉 踏 候, 轉 點 轉 刷

- 1,4 Step Forward On L, Make A ½ Turn R, Step Forward On L, Hold Count 4.  
左足前踏, 右轉180度, 左足前踏, 候

5,8 Make A ½ Turn L Stepping Back On R, Touch L Toe Beside R, Make A ½ Turn L Stepping Forward On L, Brush R Forward, (6 O'Clock).  
左轉180度右足後踏, 左足趾併點, 左轉180度左足前踏, 右足前刷(面向6點鐘)

**第七段 Mambo Forward Hold, Sailor ¼ Turn L Hold.**  
**前曼波 候, 1/4轉水手 候**

1,4 Rock Forward On R, Recover Weight To L, Step Back On R, Hold Count 4.  
右足前下沉, 左足回復, 右足後踏, 候

5,8 Make A Sailor ¼ Turn L Cross Stepping L Behind R, Step R To R Side, Step Forward On L, Hold Count 8 (3 O'Clock).  
左轉90度左足於右足後踏, 右足右踏, 左足前踏, 候(面向3點鐘)

**第八段 Step ½ Turn Step L, Hold, ½ Turn R Touch, ½ Turn R Brush.**  
**踏轉踏 候, 轉點轉刷**

1,4 Step Forward On R, Make A ½ Turn L, Step Forward On R, Hold Count 4.  
右足前踏, 左轉180度, 右足前踏, 候

5,8 Make A ½ Turn R Stepping Back On L, Touch R Toe Beside L, Make A ½ Turn R Stepping Forward On R, Brush L Forward. (9 O'Clock).  
右轉180度左足後踏, 右足趾併點, 右轉180度右足前踏, 左足前刷(面向9點鐘)

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