

Messed Up

拍數: 48 牆數: 4 級數: Improver / Intermediate
編舞者: Peter Davenport (ES) - November 2016
音樂: He's Messed Up - Jo Dee Messina



#16 Count Intro, Approx 7 Seconds, Start On Vocals (she will sing I)

S1: Step L to L, R Sailor, Cross L Behind R, ¼ R, Toe Touches

1 Step L to L □□□□□□□□ 12
2&3 Sailor step R□□□□□□□□□□ 12
4.5 Cross L behind R, ¼ R step on R□□□□□□□□ 3
6&7 Touch L toe forward, Bring L to R, Switch and touch R toe□□□□ 3
8&8 Bring R to L, Switch and touch L toe forward, Bring L to R□□□□ 3

S2: Pivot ¼ L, Cross Shuffle, ¼ R, ¼ R, Cross Shuffle

1.2 Step forward on R, Pivot ¼ L□□□□□□□□ 12
3&4 Cross shuffle R foot leading□□□□□□□□ 12
5.6 ¼ Step back on L, ¼ R step R to R□□□□□□□□ 6
7&8 Cross shuffle L foot leading□□□□□□□□ 6

S3: Side Rock Behind Side Cross, Side Rock Behind Side ¼ R

1.2 Rock R to R, Recover on L□□□□□□□□ 6
3&4 Cross R behind L, Step L to L, Cross R over L□□□□□□ 6
5.6 Rock L out to L, Recover on R□□□□□□□□ 6
7&8 Cross L behind R, ¼ R step on R, Step forward on L□□□□□ 9

S4: Step Pivot ½ Shuffle, Reverse ½ Shuffle, Coaster Step

1.2 Step forward on R, Pivot ½ L□□□□□□□□ 3
3&4 R shuffle forward□□□□□□□□□□ 3
5&6 Reverse ½ shuffle, turning to your R, L.R.L□□□□□□ 9
7&8 R coaster step□□□□□□□□□□ 9

*Restart wall 3□□□□□□□□□□

S5: Side Behind & Cross Step, Sailor ¼ R, Rock Replace

1 Step L to L□□□□□□□□□□ 9
2&3 Cross R behind L, Step L to L, Cross Rover L□□□□□□ 9
4 Step L to L□□□□□□□□□□ 9
5&6 R ¼ sailor step forward on R□□□□□□□□ 12
7.8 Rock forward on L, Recover on R□□□□□□□□ 12

S6: R Back Lock Step, L Back Lock Step, ¼ Coaster Step L, Step, HOLD

1&2 L back lock step□□□□□□□□□□ 12
3&4 R back lock step□□□□□□□□□□ 12
5&6 L ¼ turning L coaster step□□□□□□□□□□ 9
7.8 Step forward on R, HOLD□□□□□□□□□□ 9

*Restart on Wall 3, Dance up to and including count 7&8 on S4 step L to L

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