

More Mess

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Vikki Morris (UK) - August 2017
音樂: More Mess (feat. Olly Murs & Coely) - Kungs



Start: 32 counts

S1: R Dorothy, L Dorothy, R Rock Recover L, L Heel Dig, R Toe Touch

- 1 2& Step Right to Right Diagonal, Lock Left behind Right, Step Right to Right diagonal
- 3 4& Step Left to Left diagonal, Lock Right behind Left, Step Left to Left diagonal
- 5 6 Straighten up to front wall as you rock forward Right, Recover on Left
- 7&8 Step back Right, Dig Left heel forward, Step Left next to Right, Touch Right toe in place
(Right knee slightly bent across Left)

S2: R Ball, Pivot ¼ R, L Cross Shuffle, R Side Rock, Recover L, R Sailor 3/8 R

- &1 2 Step back on ball of Right, Step forward Left, Pivot ¼ turn Right (3 o'clock)
- 3&4 Cross Left over Right, Step Right to Right side, Cross Left over Right
- 5 6 Rock Right to Right side, Recover on Left
- 7&8 Sweep Right out and around 3/8 turn Right as you cross Right behind Left, Step Left to Left side, Step Right to Right side (7.30)

S3: L Ball, R Rock Recover L, R Shuffle Back, 1/8 L Out L, Out R, Elvis Knees, Hitch L Out ¼ L

- &1 2 Step forward on ball of Left, Rock forward on Right, Recover on Left
- 3&4 Step back Right, Step Left next to Right, Step back Right
- &5 Turn 1/8 turn L as you step out Left, Step out Right (6 o'clock)
- 6 7 8 Bend Left Knee in, Bend Right Knee in as you straighten Left Leg, On ball on Right hitch L up and out as you turn ¼ turn Left (3 o'clock)

S4: L Sailor, R Sailor, Touch L back, ½ Turn L, Kick R, Touch R Back

- 1&2 Cross Left behind Right, Step Right to Right side, Step Left to Left side
- 3&4 Cross Right behind Left, Step Left to Left side, Step Right to Right side
- 5 6 Touch Left toe back, Turn ½ turn Left (9 o'clock)
- 7 8 Kick Right forward, Step Right toe Back

S5: Hip Bumps R,L,R,L, R Shuffle, ½ R Shuffle

- 1 2 Step back on Right as you bump Right hip back, Bump Left hip forward
- 3 4 Bump Right hip back, Bump Left hip forward (angle body to Right diagonal on counts 1,2,3,4)
- 5&6 Step forward Right, Step Left next to Right, Step forward Right
- 7&8 Turn ¼ Right stepping Left to Left side, Step Right next to Left, Turn ¼ Right stepping back Left (3 o'clock)

S6: Heel Lift, Back R, L Coaster, Funky Walk R, L, Step R, L Tog, Cross R

- &1 2 Left both heels up, Replace weight on Left, Step back Right
- 3&4 Step back Left, Step Right next to Left, Step forward Left
- 5 6 Cross step Right over Left, Cross Step Left over Right
- &7 8 Step Right to Right Side, Step Left next to Right, Cross Right over Left

S7: L Side, R Behind, L Side, Cross R, L Side, R Back Rock Recover L, R Heel Ball Cross

- 1 2 Step Left to Left side, Cross Right behind Left
- &3 4 Step Left to Left side, Cross Right over Left, Step Left to Left side
- 5 6 Rock back Right, Recover on Left
- 7&8 Dig Right heel to Right side, Step slightly back on Right, Cross Left over Right

S8: Chasse R, ¼ L Chasse, ¼ R Chasse, ¼ L Coaster

- 1&2 Step Right to Right side, Step Left next to Right, Step Right to Right side
- 3&4 Turn ¼ turn Left stepping Left to Left side, Step Right next to Left Step Left to Left side (12 o clock)
- 5&6 Turn ¼ turn Left stepping Right to Right side, Step Left next to Right, Step Right to Right side (9 o clock)
- 7&8 Turn ¼ turn Left stepping back Left, Step Right next to Left, Step forward Left (6 o clock)

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