

# I'm a Mess

COPPER KNOB  
STEPSHEETS

拍數: 32      牆數: 2      級數: Intermediate  
編舞者: Hiroko Carlsson (AUS) - June 2019  
音樂: I'm a Mess - Bebe Rexha : (iTunes)



(Intro: 8 counts)

## [S1] Back Rock, Ball-Fwd-Fwd, Fwd Rock, Ball-Back Touch-Unwind

1 2&      Rock/step back on R, Recover weight on L, Step forward on R  
3 4      Step forward on L, Step forward on R  
5 6&      Rock/step forward on L, Recover weight on R, Step back on L  
7 8      Step/touch back on R, Make a ½ turn right weight ends on R (6:00)

## [S2] Monterey 1/4L into 3/4L Shuffle Turn, Fwd Rock

1 2 3      With weight on R tap L to left, Make a ¼ turn left stepping down on L, Tap R toe to right (3:00)  
4&5      Cross shuffle RLR – 3/8 turning left  
6&7      Shuffle forward LRL – 3/8 turning left (6:00)  
8      Rock/step forward on R \*\*

## [S3] Recover, Behind-1/4L-Spiral, Fwd-Samba, Cross-Samba, Fwd

1      Recover weight on L  
2&3      Step R behind L, Make a ¼ turn left stepping forward on L, Step forward on R and make a full spiral turn left (3:00)  
4&5      Step forward on L, Rock/step R to right, Recover weight on L  
6&7      Cross R over L, Rock/step L to left, Recover weight on R  
8      Step forward on L

## [S4] Fwd Rock, 1/2R Side Rock-Cross, Side Rock-Cross, 1/4L Back, Back

1 2      Rock/step forward on R, Recover weight on L (prep for ½ R turn)  
3&4      Make a ½ turn right rock/step R to right, Recover weight on L, Cross R over L (9:00)  
5&6      Rock/step L to left, Recover weight on R, Cross L over R  
7 8      Make a ¼ turn left stepping back on R, Step back on L (6:00)

## Restart on Wall 4 count 16\*\* with step change

14&15      Shuffle forward LRL – 3/8 turning left (12:00)  
16      Touch R next to L

TAG: 2 counts Tag: End of Wall 8 (12:00) – Twist your body to the left (9:00)-Recover (12:00)

Please feel free to contact me if you need any further information. ([hirokoclinedancing@gmail.com](mailto:hirokoclinedancing@gmail.com))  
(updated: 30/May/19)