

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)
(updated: 30/May/19)