

I'm a Mess

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Improver
編舞者: Rissa Miura (INA) - March 2020
音樂: I'm a Mess - Bebe Rexha



Start dance after 8 counts.

** Restart on wall 5

*** Tag 2 counts on wall 9

I. BIG STEP FORWARD - TOUCH - BOTAFOGO - CROSS ROCK - TOUCH - CROSS SHUFFLE

1,2. Big Step R forward, Touch L toe beside R
3&4 Cross L over R, Ball R to side, Step L in place
5&6 Cross R over L, Recover on L, Touch R toe to side
7&8 Cross R over L, Step L to side, Cross R over L

II. 1/4 MONTEREY - KICK BALL-FORWRD - ROCK FORWARD - 1/2 TURN - SHUFFLE FORWARD

1&2& Touch L toe to side, Step L beside R with ¼ turn to left (09:00) , Touch R toe to side, Close R next to L
3&4 Kick L forward, Step L beside R, Step R forward
5-6. Step L forward, Recover on L
7&8. 1/2 turn left step L forward (03:00), Step R beside L, Step L forward

** Restart here on wall 5 after 16 counts facing 12:00

III. SYNCOPATED WEAVE - 1/4 TURN

1&2& Cross R over L, Step L to side, Cross R behind L, Step L to side
3&4 Cross R over L, Rock L to side, Recover on R
5&6& Cross L over R, Step R to side, Cross L behind R, Step R to side
7&8 Cross L over R, Step R to side, 1/4 turn left step L to side

IV. VAUDEVILLES - JAZZ BOX 1/4 TURN

1&2& Cross R over L, Step L to side, Touch R toe diagonal forward, Step R next to L
3&4& Cross L over R, Step R to side, Touch L toe diagonal forward, Step L next to R
5,6 Cross R over L, 1/4 turn right step L back
7,8 Step R to right side, Step L forward

***TAG : 2 counts (After Wall 8) Pose and Raise right hand (or any style)

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Last Update – 3 April 2020