

I'm A Mess

拍數: 32 牆數: 4 級數: Improver
編舞者: mBah Wir (INA) & Mega Lienatha Lie (INA) - July 2023
音樂: i'm a mess - Omah Lay



Intro: 16 Count .or. aproximatly 12 seconds of music playing

S1: FORWARD & BACKWARD SAMBA, SAMBA WHISK (RIGHT, LEFT)

1a2 Step R forward (1), Step L beside R (a), Step R in place (2)
3a4 Step L back (3), Step R beside L (a), Step L in place (4)
5a6 Step R to side (5), Cross L behind R (a), Step R in place (6)
7a8 Step L to side (7), Cross R behind L (a), Step L in place (8)

S2: TURN ¾ RIGHT, BACK, LIFT, TUR ¼ RIGHT BACK, SIDE, CROSS OVERb, SIDE MAMBO, BACK COASTER STEP

1&2& Make ¼ right turn step R forward (1), Make ½ right turn step L back (&), Step R back (2), Lift L knee up (&) 9.00
3&4 Make ¼ right turn step L back (3), Step R to side (&), Cross L over R (4) 12.00
5&6 Rock R to side (5), Recover on L (&), Step R next to L (6)
7&8 Step L back (7), Step R next to L (&), Step L forward (8)

* Restart here on wall 5

S3 : HALF DIAMOND, BOTAFOGO, FORWARD LOCK SHUFFLE

1&2 Cross R over L (1), Make 1/8 right turn step L to left side (&), Step R back (2)
3&4 Step L back (3), Make 1/8 right turn step R to right side (&), Step L forward (4) 3.00
5&6 Cross R over L (5), Rock L to left side (&), Recover onto R (6)
7&8 Step L forward (7), Lock R behind L (&), Step L forward (8) 3.00

S4 : SIDE ROCK, 1/4 TURN RECOVER, SAILOR STEP, CROSS SHUFFLE, MONTEREY

1-2 Rock R to right side (1), Turn 1/4 right Recover onto L (2) 6.00
3&4 Cross R behind L (3), Rock L to left side (&) Recover onto R (4)
5&6 Cross L over R (5), Step R to right (&), Cross L over R (6)
7&8& Touch R toe to right side (7), Turn 1/4 right closing R next to L (&), Touch L toe to L (8), Close L next to R (&) 9.00

Begin Again

Restart during Wall 5 after 16 Counts. Dance facing 12.00

For more questions about this dance please contact us at: jcdc2009@gmail.com .or.
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