

Yes, I'm A Mess

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Hiroko Carlsson (AUS) - February 2024
音樂: Yes I'm A Mess - AJR



Intro: 16 counts)

[S1] Rocking Chair, Press Side Rock-1/4R, Circle Run R, Step-Brush Out-In

1&2& Rock forward on R, Replace weight on L, Rock Back on R, Replace weight on L
3 4 Rock/press R to the side, Replace weight on L making a ¼ turn right/lifting R (3:00)
5&6& Circle run to the left on R-L-R-L (3:00)
7&8 Step forward on R, Brush forward on L, Brush back and cross L heel in front of R

[S2] Cross Rock, Side Rock-Cross-Side-Sailor Step-&-Scissor-Cross

1 2 Rock L over R, Replace weigh on R
3&4& Rock L to the side, Replace weight on R, Cross L over R, Step R to the side
5&6& Step L behind R, Step R to the side, Step L to the side, Step R next to L
7&8 Step L to the side, Step R beside L, Cross L over R

-Restart here on Wall 3 (9:00) and Wall 7 (6:00)

[S3] Reverse Side Roll into Side Shuffle, Back Rock, 3/4R Turn, Fwd Shuffle-&

1 2 Make a ¼ turn left stepping back on R, Make a ½ turn right stepping forward on L
3&4 Make a ¼ turn right stepping R to the side (3:00), Step L close, Step R to the side
&5 6 Rock L behind R, Replace weight on R, Make a ¼ turn right stepping back on L (6:00)
7&8& Making a ½ turn right shuffle forward on R-L-R (7&8) (12:00), Ball step L beside R

[S4] Dorothey R-L, Step-Lock-Step

1 2& Diagonally forward on R, Lock L behind R, Step forward on R
3 4& Diagonally forward on L, Lock R behind L, Step forward on L
5&6 Make a ¼ turn right diagonally forward on R (3:00), Lock L behind R, Step forward on R
&7 8 Step forward on L, Make a ½ turn right recover weight on R (9:00), Stomp L next to R

2 counts Tag at the end of Wall 2 (6:00) and Wall 6 (3:00) -Syncopated Rocking Chair

1&2& Rock forward on R, Replace weight on L, Rock Back on R, Replace weight on L

Restart on Wall 3 count 16 (9:00) and Wall 7 (6:00)

6 counts Tag at the end of Wall 8 (3:00) -Syncopated Rocking Chair, V Step

1&2& Rock forward on R, Replace weight on L, Rock Back on R, Replace weight on L
3 4 5 6 - slowly- Step diagonally forward on R-L (3 4), Step back into the centre on R-L (5 6)

On Wall 9, slow down and dance with the music tempo until count 16 (6:00).

Make a 1/2 left hinge turn to face the front.

1 2& Make a ¼ turn left stepping back on R, Make a ¼ turn left stepping forward on L, Step R next to L
3 4 Step forward on L, Step R next to L (12:00)

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