

Messed Up as Me

COPPER KNOB
BY STEPHENETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Laura Rittenhouse (AUS) - March 2024
音樂: Messed Up As Me - Keith Urban



Start after 8 counts – note the dance starts before the lyrics

S1: ZIGZAG FORWARD

1,2,3,4 Step R fwd on R diag, Touch L beside R, Step L fwd at L diag, Touch R beside L
5,6,7,8 Step R fwd on R diag, Touch L beside R, Step L fwd at L diag, Touch R beside L

S2: ROLLING VINE RIGHT, ROLLING VINE L

(It's also possible to simply vine both directions if the rolling vine doesn't work for you)

1,2,3,4 Turning ¼ R step R to R (3:00), Turning ¼ R step L fwd (6:00), Turning ½ R step R to R,
Touch L beside R
5,6,7,8 Turning ¼ L step L to L (9:00), Turning ¼ L step R fwd (6:00), Turning ½ L step L to L
(12:00), Touch R beside L

S3: ZIGZAG BACK

1,2,3,4 Step R back on R diagonal, Touch L beside R, Step L back on L diagonal, Touch R beside L
5,6,7,8 Step R back on R diagonal, Touch L beside R, Step L back on L diagonal, Touch R beside L

S4: TURN ½ L WITH 2 PADDLES; TURN ¼ R WITH JAZZ BOX

1,2,3,4 Paddle R foot to turn L on L ¼ (1,2) (9:00), Paddle R foot to turn L on L ¼ (3,4) (6:00)
5,6,7,8 Cross R over L, Step L back, Turn ¼ R Stepping R (9:00), Step L beside R

TAG (optional): after Wall 8, facing 12:00, Hold for 4 counts then continue with S1 of Wall 9 (12:00)

This tag occurs when the music has a pause. There are only 2 walls after this and it's possible to dance through the pause.

Note: this dance can be done as an Absolute Beginner dance if you do standard vines rather than rolling vines and skip the Tag.