

# Messed Up!

COPPER KNOB  
STYLEDANCE

拍數: 32      牆數: 4      級數: Improver  
編舞者: Silvia Schill (DE) - March 2024  
音樂: Messed Up As Me - Keith Urban



The dance starts after 8 beats

## S1: Rock across, chassé r turning ¼ l, step, pivot ¼ l, cross, point

- 1-2            Cross left foot over right - weight back on right foot  
3&4           Step left with left - move right foot next to left, ¼ turn left around and step forward with left (9 o'clock)  
5-6           Step forward with right - ¼ turn left around on both balls, weight at the end on left (6 o'clock)  
7-8           Cross right foot over left - tap left toe to left side

## S2: Jazz box turning ¼ l, touch forward/hip bumps l + r

- 1-2            Cross left foot over right - ¼ turn left around and step back with right (3 o'clock)  
3-4           Step left with left - step forward with right  
5&6           Touch left toe in front/swing hips forward, back and forward again (weight at the end on left)  
7&8           Touch right toe in front/swing hips forward, back and forward again (weight at the end on right)

(Restart: On the 4th round - direction 12 o'clock - stop here and start again)

(Restart: In the 6th round - direction 6 o'clock - stop here and start again)

## S3: Rock forward, touch back, pivot ½ l, step, kick, coaster step

- 1-2            Step forward with left - weight back on the right foot  
3-4            Touch left toe backwards - ½ turn left around on both balls, weight at the end on left (9 o'clock)  
5-6            Step forward with right - kick left foot forward  
7&8           Step back with left - move right foot next to left and small step forward with left

## S4: Step, pivot ½ l, shuffle forward turning ½ l, rock back, step, pivot ½ r

- 1-2            Step forward with right - ½ turn left around on both balls, weight at the end on left (3 o'clock)  
3&4            ¼ turn left around and step right with right - move left foot next to right, ¼ turn left around and step back with right (9 o'clock)  
5-6            Step back with left - weight back on the right foot  
7-8            Step forward with left - ½ turn right around on both balls, weight at the end on right (3 o'clock)

Repeat until the end

Tag (after the end of the 9th round - 3 o'clock)

Cross, point, behind, point

- 1-2            Cross left foot over right - tap right toe to right side  
3-4            Cross right foot behind left - tap left toe to left side