

Messed Up!

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