

Are You Messed Up As Me ?

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Low Intermediate
編舞者: Carmela De Rosa (CH) - September 2024
音樂: Messed Up As Me - Keith Urban



****2 Restarts : After 48 counts, Wall 2 facing 12h00, Wall 3 facing 6h00,**

**Tag & Restart : Wall 5, after 32 counts, Tag 4 counts, then restart the dance at 12h00.
Tag described at bottom of page**

Intro: 8 counts

Section 1: Rock Back, Shuffle Forward, Rock Forward, ¼ Turn Chasse

1-2 Rock RF back (1), recover on LF (2)
3&4 Step RF forward (3), step LF beside RF (&), step RF forward (4)
5-6 Rock LF forward (5), recover on RF (6)
7&8 ¼ Turn L and step LF to side (7), step RF beside LF (&), step LF to side (8) (9h00)

Section 2: Cross, Side, Behind & Heel &, Cross Point 2 x

1-2 Cross RF over LF (1), step LF to side (2)
3&4& Step RF behind LF (3), step LF beside RF (&), touch right heel to R diagonal (4), step RF beside LF (&)
5-6 Cross LF over RF (5), point RF to R side (6)
7-8 Cross RF over LF (7), point LF to L side (8)

Section 3: Rock Forward, Shuffle Back, Rock Back, ½ Turn 2x

1-2 Rock LF forward (1), recover on RF (2)
3&4 Step LF back (3), step back RF beside LF (&), step back LF (4)
5-6 Rock RF back (5), recover on LF (6)
7-8 ½ Turn L and step RF back (7) (3h00), ½ turn L and step LF forward (9h00)

Section 4: Shuffle Forward, ¼ Turn, Cross Shuffle, Side Rock

1&2 Step RF forward (1), step LF beside RF (&), step RF forward (2)
3-4 Step LF forward (3), ¼ turn R and step RF to R side (4) (12h00)
5&6 Cross LF over RF (5), step RF to R side (&), cross LF over RF (6)
7-8 Rock RF to R side (7), recover on LF (8)

Tag & Restart here on wall 5, facing 12h00

Section 5: Sailor Step, Sailor Step ¼ Turn 2x, ½ Step Turn

1&2 Step RF behind LF (1), step ball LF beside RF (&), step RF to R side (2)
3&4 ¼ turn L and step LF behind RF (3), step ball RF beside LF (&), step LF to L side (4) (9h00)
5&6 ¼ turn R and step RF behind LF (1), step ball LF beside RF (&), step RF to R side (2) (12h00)
7-8 Step LF forward, ½ turn R and step RF forward (7) (6h00)

Section 6: ½ Turn 2x, Shuffle Forward, Rock Forward, Rock Side

1-2 ½ Turn R and step LF back (2) (12h00), ½ turn R and step RF forward (2) (6h00)
3&4 Step LF forward (3), step RF beside LF (&), step LF forward (4)
5-6 Rock RF forward (5), recover on LF (6)
7-8 Rock RF to R side (7), recover on LF

Restart here on wall 2 (12h00) & on wall 3 (6h00)

Section 7: Sailor Step, Sailor Step ¼ Turn 2x, ½ Step Turn

- 1&2 Step RF behind LF (1), step ball LF beside RF (&), step RF to R side (2)
3&4 ¼ Turn L and step LF behind RF (3), step ball RF beside LF (&), step LF to L side (4) (3h00)
5&6 ¼ turn R and step RF behind LF (1), step ball LF beside RF (&), step RF to R side (2) (6h00)
7-8 Step LF forward, ½ turn R and step RF forward (7) (12h00)

Section 8 : ½ Turn 2x, Shuffle Forward, Rock Forward, ½ Turn, Close

- 1-2 ½ Turn R and step LF back (2) (6h.00), ½ turn R and step RF forward (2) (12h00)
3&4 Step LF forward (3), step RF beside LF (&), step LF forward (4)
5-6 Rock RF forward (5), recover on LF (6)
7-8 ½ Turn R and step RF forward (7) (6h00), close LF beside RF (weight is on the LF) (8)

Ending : Wall 6 : Replace the count «8» of this section with a ½ Turn to the R to finish facing front

- 7-8 ½ Turn R and step RF forward (7) (6h00), 1/2 Turn R and step LF back (8) (12h00)

TAG on wall 5, after 32 counts, facing (12h00)

Back Rock, Side Rock

- 1-4 Rock RF back (1), recover on LF (2), rock RF to R side (3), recover on LF (4)

Smile and start the dance again !

Carmela De Rosa : cde66@hotmail.com
