

# Messed Up

COPPER KNOB  
BY STEPHEN

拍數: 32      牆數: 2      級數: High Beginner  
編舞者: Gitte Kunckel Stehr (DK) - September 2024  
音樂: Messed Up As Me - Keith Urban : (Album High - Amazon, Spotify, iTunes)



**Intro: 40 counts/24 sec. – start on lyrics “I’m out tonight...”**

**Sec. 1: Side, together, rumba step forward, side, together, rumba step back**

1-2            Step R to right side, step L together  
3&4           Step R to right side, step L together, step R fw  
5-6           Step L to left side, step R together  
7&8           Step L to left side, step R together, step back on L

**Sec. 2: Back, back, coaster step, step ½ turn, step, lock, step**

1-2            Step back on R, step back on L  
3&4           Step back on R, step L together, step R fw  
5-6           Step L fw, ½ turn right stepping R fw (6:00)  
7&8           Step L fw, lock R behind L, step L fw

**Restart here on wall 3 and 5 facing back wall**

**Sec. 3: Side rock, cross shuffle, ¼ right, side, cross shuffle**

1-2            Rock R to right side, recover on L  
3&4           Cross R over L, step L to left side, cross R over L  
5-6           ¼ right stepping back on L (9:00), step R to right side  
7&8           Cross L over R, step R to right side, cross L over R

**Sec. 4: Side rock, behind, side, cross, side rock, sailor ¼ turn left**

1-2            Rock R to right side, recover on L  
3&4           Cross R behind L, step L to left side, cross R over L  
5-6           Rock L to left side, recover on R  
7&8           Cross L behind R, turn ¼ left stepping R to right side (6:00), step L slightly fw

**Tag At the end of wall 8 facing front wall: V-step**

1-2            Step R to right diagonal, step L to left diagonal  
3-4           Step R back to center, step L together (weight L)

**Start again**

**Ending: Last wall ends towards front wall – make a big step right on R (1) dragging L together (2)**