

Yes, I'm a mess

COPPER KNOB
STEPPERS

拍數: 32 牆數: 2 級數: Low Intermediate
編舞者: Christie Lim (MY) & Peter Reber (SA) - October 2024
音樂: Yes I'm A Mess - AJR



Intro: 16 count

Sequence: 32 32 Tag_A 16 32 32 Tag_A 16 32 Tag_B (6 count) 19

S 1: Side, Together, Fwd (x2), Hip bump, ½ turn Hip bump

1 & 2 Rf Side, Together, Rf fwd
3 & 4 Lf Side, Together, Lf fwd
5 6 R Hip bump, Rf step
7 8 ½ turn L hip bump, Lf step fwd (06:00)

S 2: Dorothy Step (x2), Fwd, Recover, Back, Coaster step

1 2 & Rf step diagonally fwd, Lf next to Rf, Rf step diagonally fwd
3 4 & Lf step diagonally fwd, Rf next to Lf, Lf step diagonally fwd
5 & 6 Rf step fwd, Recover, Rf step back
7 & 8 Lf step back, Together, Lf fwd

S 3: Step R, Sailor step R, Sailor L ¼ turn R, Jazz box

1 Step Rf to R,
2 & 3 Step Lf behind Rf, Step Rf to R, Step Lf to L
4 & 5 Step Rf behind Lf ¼ turn R, Step Lf to L, Step Rf fwd (09:00)
6 7 8 Cross Lf over Rf, Step Rf back, Step Lf fwd ¼ turn L (06:00)

S 4: Pivot ½ turn L (x2), Out-Out (heels), In-In, Heel swivel

1 2 Step Rf fwd, Pivot ½ turn L (12:00)
3 4 Step Rf fwd, Pivot ½ turn L (06:00)
5 & 6 & Step R heel fwd & out (diagonal), Step L heel fwd & out (diagonal), Rf back (to center), Lf back (together)
7 8 Heels out, Heels together

Tag_A: Sway, sway (2 count)

1 2 Rf step R, Weight back to Lf

Tag_B: Back, Back, Spiral unwind [Note: the music slows down at this point]

1 2 Step back Rf, Step back Lf
3 4 5 6 Cross Rf over L, Unwind (3 counts) (06:00)

Finish on count 19 on the last wall

For any questions contact

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