

Messing With My Mind

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Andrew Palmer (UK), Simon Cox (UK) & Sheila Palmer (UK)
音樂: You Had Me - Joss Stone



SIDE, SAILOR-STEP, HINGE, CROSS-ROCK, SIDE, CROSS, UNWIND, HOOK

1-2&3 Step right to side, left sailor step
4 Hinge ½ right (6:00) stepping right to side
5&6 Cross-rock left over right, recover to right, step left to side
7-8 Touch right over left, unwind ¾ left (9:00) hooking left across right

STEP, ½ BACK, COASTER STEP, HIP BUMPS, ROCK-RECOVER, RONDÉ

1-2 Step left forward, ½ left step back on right (3, 00)
3&4 Left coaster-step
5&6 Bump and step right forward, bump left hip back, bump right hip forward (weight on right)
7&8 Rock forward on left, recover to right, rondé left ½ left (9:00)

In preparation for a coaster step

COASTER-STEP, WALK, WALK, STEP-TURN-STEP, WALK, TRIPLE FORWARD

1&2 Left coaster-step
3-4 Walk forward right, walk forward left
5&6 Step right forward, pivot ½ left (3:00), step right forward
7 Step left forward and in front of right (in preparation for an to the left triple forward)
8&1 ½ left step back on right (9, 00), ½ left step forward on left (3:00), step right forward

STEP, LOCK-STEP BACK, ½ FORWARD, ¼ SIDE, CHASSÉ

2 Step forward on left
3&4 Right lock-step (traveling back with body facing right diagonal)
5-6 ½ left (9:00) step forward on left, ¼ left (6:00) step right to side
7&8 Left chassé

REPEAT

TAG

Dancing wall 4 and 9 (both start facing 6:00) complete up to count 14 (bumps) then:

7&8 Rock forward on left, recover to right, ¼ left (6:00) step left to side

Restart from beginning