

# Poor, Heartbroken Mess

COPPERKNOB  
STEPSHEETS

拍數: 0      牆數: 0      級數:  
編舞者: Pierre Nystrom (SWE)  
音樂: Mixed up Mess of a Heart - Danni Leigh



Sequence: AB ACB AC AA

## PART A, 32 COUNTS

### STEPS FORWARD X4, LEFT VINE W. HITCHES

These steps are taken shoulder width apart

- 1- Step left foot forward
- 2- Step right foot forward
- 3- Step left foot forward
- 4- Step right foot forward
- 5& Left foot step to left side, right foot cross behind left foot
- 6& Left foot step to left side, hitch right knee
- 7& Right foot step down, hitch left knee
- 8& Left foot step down, hitch right knee

### SYNCOPATED WEAVE RIGHT, ROCK, ½ TURN SHUFFLE

- 1 Right foot step right side
- 2&3 Left foot cross behind right foot, right foot step right side, left foot cross in front of right foot
- 4& Right foot step right side, left foot cross behind right starting to turn your body ¼ right
- 5-6 Complete turning ¼ rocking right foot forward (3:00), recover
- 7&8 Shuffle right, left, right turning ½ over right shoulder

### KICK, STEP APART, SWIVELS, FORWARD SHUFFLE, ¼ MAMBO ROCK

- 1&2 Kick left foot forward, step down left foot, right foot (ending shoulder width apart)
- &3&4 Swivel heels in, swivel toes in (feet together), lift heels of floor, flatten heels
- 5&6 Shuffle forward left, right, left
- 7&8 Rock right foot forward, recover, turn ¼ right stepping right foot forward

### ½ MAMBO ROCK, SHUFFLE, KICKS & KICK BALL CHANGE

- 1&2 Rock left foot forward, recover, turn ½ over left shoulder stepping left foot forward
- 3&4 Shuffle forward right, left, right
- 5&6& Kick left foot forward, step left foot center, kick right foot forward, step right foot center
- 7&8 Kick left foot forward, step left foot down centered (weighted), shift weight to right foot

## PART B, 32 COUNTS

### SAILOR STEP, WEAVE, ½ SIDE MAMBO, SAILOR STEP

- 1&2 Cross left foot behind right foot, step right foot to right side, step left foot slightly forward
- 3&4 Cross right foot behind left foot, step left foot to left side, cross right foot in front of left foot
- 5&6 Rock left foot to left side, recover, step left next to right while turning ½ over left shoulder
- 7&8 Cross right foot behind left foot, step left foot to left side, step right foot slightly forward

### SAILOR STEP, WEAVE, ½ SIDE MAMBO, ¼ MAMBO

- 1&2 Cross left foot behind right foot, step right foot to right side, step left foot slightly forward
- 3&4 Cross right foot behind left foot, step left foot to left side, cross right foot in front of left foot
- 5&6 Rock left foot to left side, recover, step left next to right while turning ½ over left shoulder
- 7&8 Cross rock right foot over left foot, recover, turn ¼ right stepping right foot forward

### KICK - MONTEREY TURN - HITCH & POINT TWICE

- 1& Kick left foot forward, step left to center
- 2& Point right toes to right, turn ½ over right shoulder while stepping right foot to center
- 3& Point left toes to left, hitch left knee
- 4 Point left toes to left side
- 5-8 Repeat steps 1-4, stepping down on left count 8

**ROCK, ¼ SHUFFLE, STEP TURN, LUNGE FORWARD**

- 1-2 Cross rock right foot over left foot, recover
- 3&4 Shuffle right, left, right while turning ¼ to your right
- 5-6 Step left foot forward, turn ½ over right shoulder on both feet
- 7-8 Step left foot forward sliding right foot towards left foot, push right foot back again and take weight

**During this lunge your left leg is bent and your right leg remains straight, and both feet touch the floor. You can almost feel the lunge in the music**

**PART C, 16 COUNTS**

**WEAVE TO THE RIGHT, ROCK, WEAVE LEFT, ROCK**

- 1&2& Cross left foot behind right foot, step right foot to right side, cross left foot in front of right foot, step right foot to right side
- 3&4& Cross left foot behind right foot, step right foot to right side, cross rock left foot in front of right foot, recover
- 5&6& Step left foot to left side, cross right foot behind left foot, step left foot to left side, cross right foot in front of left
- 7&8& Step left foot to left side, cross rock right foot behind left, recover, step right foot to right side

**TOE-HEEL TWICE, ROCK AND BRUSH, REPEAT WITHOUT LAST BRUSH**

- 1&2& Cross touch left toes in front of right foot, flatten heel, touch right toes to side, flatten heel
  - 3&4& Cross rock left foot in front of right foot, recover, step left foot to left side, brush right foot next to left
  - 5&6& Cross touch right toes in front of left foot, flatten heel, touch left toes to left side, flatten heel
  - 7&8 Cross rock right foot in front of left foot, recover, step right foot to right side
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