

Everybody's A Mess

COPPERKNOB
STEPPERS

拍數: 80 牆數: 2 級數: Phrased Intermediate / Advanced
編舞者: Christine Collins (AUS) - March 2012
音樂: Everybody's A Mess - Amber Lawrence : (Album: 3 - 3:27)



Intro: 32 beats - Anti-Clockwise Rotation

Part A: 32 counts

[1-8] Step side, Hold, Step together, Step side, Cross rock, Side shuffle, Hold

1, 2 & 3 Step R to side, Hold, Step L together, Step R to side
4, 5 Rock L across in front of R, Replace weight onto R
6 & 7, 8 Step L to side, Step R beside L, Step L to side, Hold

[9-16] Step together, Step side, Cross rock, Side rock, ¼ sailor, Step L fwd

& 1, 2, 3 Step R together, Step L to side, Rock R across in front of L, Replace weight onto L
4, 5 Rock R to side, Replace weight onto L
6 & 7 Step R behind L, Step L to side, Step R forward ¼ R (3:00)
8 Step L forward

[17-24] R rocking chair, right shuffle, ¼ pivot

1, 2 Rock R forward, replace back on L
3, 4 Rock R back, replace forward on L
5 & 6 Step R forward, Step L together, Step R forward
7, 8 Step L forward, Replace weight onto R ¼ R (6:00)

[25-32] Cross shuffle, ¼, ½, Step R Fwd, Hold, Step L Fwd, Hold

1 & 2 Step L across R, Step R in place, Step L across R
3, 4 Step R back ¼ L, Step L to the side ¼ L (12:00)
5, 6 Step R forward, Hold
7, 8 Step L forward, Hold

Part B: 48 counts

[1-8] R Dorothy, L Dorothy, Rock, Replace and heel

1, 2 & Step R forward (45° angle), Step L behind, Step R forward (45° angle)
3, 4 & Step L forward (45° angle), Step Right behind, Step Left forward (45° angle)
5, 6 & Rock R forward, Replace weight back on L, Step R Back
7, 8 Touch L heel forward (45° angle), Hold

[9-16] Step, Rock, Replace, Lock back, back rock, Step, Step

& 1, 2 Step L in place, Rock R forward, Replace weight onto L
3 & 4 Step R back, Step L back across R, Step R back
5, 6 Rock L back, Replace weight onto R
7, 8 Step L forward, Step R forward

[17-24] Side rock behind side cross (Repeat)

1, 2 Step L to side, replace weight onto R
3 & 4 Step L behind R, Step R to side, Step L across R
5, 6 Step R to side, replace weight onto L
7 & 8 Step R behind L, Step L to side, Step R across L

[25-32] ¼ pivot, Cross shuffle, ¾ turn touch, Hold

1, 2 Step L forward, replace weight onto R ¼ R (3:00)
3 & 4 Step L across R, Step R in place, Step L across R

5, 6 Step R back ¼ L, Step L back ½ L (6:00)
7, 8 Touch R beside L, Hold

[33-40] Right side touch left, left side touch right, right rocking chair

1, 2 Step R to side, Touch L beside R
3, 4 Step L to side, Touch R beside L
5, 6 Rock R Forward, Replace weight onto L
7, 8 Step R back, Replace weight onto L

[41-48] Heel switches Right and Left, Double Right heel, Heel switch Left and Right, Step Fwd, Touch, Hold

1 & 2 & R Heel (45* angle), Step R together, L Heel (45* angle), Step L together
3, 4 R Heel (45* angle), Lift, Touch, R Heel (45* angle)
&5 & 6 & Step R together, L Heel (45* angle), Step L together, R Heel (45* angle), Step R together
7, 8 Step L forward, Touch R beside L

SEQUENCE :

A, B, A, B (to count 40), A, B (to count 32), B (to count 32), B, A, B (to count 32), B (to count 32), ending

ENDING: On wall 11 Dance B to count 32 then add a Right cross unwind to the front

Contact: Email: collfam@bigpond.net.au Mobile: 0439613574

Last Revision – 18th March 2012
