

Messed Up

Count: 48

Wall: 4

Level: Improver / Intermediate

Choreographer: Peter Davenport (ES) - November 2016

Music: He's Messed Up - Jo Dee Messina



#16 Count Intro, Approx 7 Seconds, Start On Vocals (she will sing I)

S1: Step L to L, R Sailor, Cross L Behind R, ¼ R, Toe Touches

- 1 Step L to L □□□□□□□□ 12
2&3 Sailor step R□□□□□□□□□□12
4.5 Cross L behind R, ¼ R step on R□□□□□□□3
6&7 Touch L toe forward, Bring L to R, Switch and touch R toe□□□3
8&8 Bring R to L, Switch and touch L toe forward, Bring L to R□□□3

S2: Pivot ¼ L, Cross Shuffle, ¼ R, ¼ R, Cross Shuffle

- 1.2 Step forward on R, Pivot ¼ L□□□□□□□12
3&4 Cross shuffle R foot leading□□□□□□□12
5.6 ¼ Step back on L, ¼ R step R to R□□□□□□6
7&8 Cross shuffle L foot leading□□□□□□□6

S3: Side Rock Behind Side Cross, Side Rock Behind Side ¼ R

- 1.2 Rock R to R, Recover on L□□□□□□□6
3&4 Cross R behind L, Step L to L, Cross R over L□□□□□□6
5.6 Rock L out to L, Recover on R□□□□□□□6
7&8 Cross L behind R, ¼ R step on R, Step forward on L□□□□9

S4: Step Pivot ½ Shuffle, Reverse ½ Shuffle, Coaster Step

- 1.2 Step forward on R, Pivot ½ L□□□□□□□3
3&4 R shuffle forward□□□□□□□□3
5&6 Reverse ½ shuffle, turning to your R, L.R.L□□□□□□9
7&8 R coaster step□□□□□□□□□9

*Restart wall 3□□□□□□□□□

S5: Side Behind & Cross Step, Sailor ¼ R, Rock Replace

- 1 Step L to L□□□□□□□□□9
2&3 Cross R behind L, Step L to L, Cross Rover L□□□□□□9
4 Step L to L□□□□□□□□□9
5&6 R ¼ sailor step forward on R□□□□□□□12
7.8 Rock forward on L, Recover on R□□□□□□□12

S6: R Back Lock Step, L Back Lock Step, ¼ Coaster Step L, Step, HOLD

- 1&2 L back lock step□□□□□□□□□12
3&4 R back lock step□□□□□□□□□12
5&6 L ¼ turning L coaster step□□□□□□□□9
7.8 Step forward on R, HOLD□□□□□□□□9

*Restart on Wall 3, Dance up to and including count 7&8 on S4 step L to L

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