She's a Mess (邋遢姑娘) (zh)

Compte: 64 **Mur:** 2 **Niveau:** Intermediate
Chorégraphe: Malene Jakobsen (DK) - 2010年01月
Musique: Dance in the Dark - Lady Gaga : (Album The Fame Monster)

前奏： Intro: 32 counts from when the heavy beat kicks in, 47 sec. into track - dance begins with weight on R 重音開始32拍後(約47秒)左腳起步

第一段 **Walk back, ball touch back, ½, rock ¼, ball side, cross back, point**
後走, 併點後, 1/2, 下沉 1/4, 併 側, 後下沉, 點

1-2& (1-2) Walk back L, R, (&) step L next to R 12.00
後走步-左, 右, 左足併踏(面向12點鐘)

3-4 (3) Touch R toes back, (4) turn ½ R putting weight on R 6.00
右足趾後點, 右轉180度重心在右足(面向6點鐘)

5-6 (5) Rock forward on L, (6) recover onto R making ¼ turn R 9.00
左足前下沉, 右足回復右轉90度(面向9點鐘)

&7-8-1 (&) Step L next to R, (7) step R to R, (8) cross L behind R, (1) point R to R 9.00 左足併踏, 右足右踏, 左足於右足後交叉踏, 右足右點(9點鐘)

第二段 **Cross shuffle, ¼, ¼, step, walk, point & pop**
交叉交換, 1/4, 1/4, 踏, 走, 點 & 彈

2&3 (2) Cross R over L, (&) step L to L, (3) cross R over L 9.00
右足於左足前交叉踏, 左足左踏, 右足於左足前交叉踏(面向9點鐘)

4&5 (4) Turn ¼ R stepping back on L, (&) turn ¼ R stepping R to R, (5) step forward on L 3.00
右轉90度左足後踏, 右轉90度右足右踏, 左足前踏(面向3點鐘)

6-7 (6-7) Walk forward R, L 3.00 前走步-右, 左(面向3點鐘)

8&1 (8) Point R forward, (&1) pop knees - keep weight on L 3.00
右足前點, 彈雙膝, 重心在左足(面向3點鐘)

第三段 **Coaster, touch, back, back, shuffle ½, pop ¼**
海岸步, 點, 後, 後, 轉交換, 彈雙膝 1/4

2&3 (2) Step back on R, (&) step L next to R, (3) step forward on R 3.00
右足後踏, 左足併踏, 右足前踏(面向3點鐘)

4&5 (4) Touch L next R, (&) step slightly back on ball of L, (5) step back on R 3.00 左足併點, 左足略後踏, 右足後踏(面向3點鐘)

6&7 (6) Turn ¼ L stepping L to L, (&) step R next to L, (7) turn ¼ L stepping forward on L 9.00
左轉90度左足左踏, 右足併踏, 左轉90度左足前踏(面向9點鐘)

8&1 (8) Step forward on R, (&1) pop knees making ¼ turn L - keep weight on R 6.00 右足前踏, 彈雙膝, 左轉90度重心在右足(面向6點鐘)

第四段 **Touch, ball cross, touch, ball, jazz box, together**
點, 併交叉, 點, 併, 爵士方塊, 併

2&3 (2) Touch L next to R, (&) step L next to R, (3) cross R over L 6.00
左足併點, 左足併踏, 右足於左足前交叉踏(面向6點鐘)

&4& (&) Step L to L, (4) touch R next to L, (&) step R next to L 6.00
左足左踏, 右足併點, 右足併踏(面向6點鐘)

5-6-7-8 (5) Cross L over R, (6) step back on R, (7) step L to L, (8) step R next to L 6.00 左足於右足前交叉踏, 右足後踏, 左足左踏, 右足併踏(6點鐘)

NOTE: **Restart** here on wall 3 – you'll be facing 12.00 o'clock
第三面牆面向12點鐘時, 從頭起跳

第五段 **Ball step, slow mambo ½, ¼, sailor x 2**
併 踏, 曼波轉, 1/4, 二次水手步

&1 (&) Step slightly back on L, (1) step forward on R 6.00
左足略後踏, 右足前踏(面向6點鐘)

2-3-4 (2) Rock forward on L, (3) recover onto R, (4) turn ½ L stepping forward on L 12.00 左足前下沉, 右足回復, 左轉180度左足前踏(12點鐘)

5 (5) Turn ¼ L stepping R to R 9.00 左轉90度右足右踏(面向9點鐘)

6&7 (6) Cross L behind R, (&) step R to R, (7) step L to L 9.00
左足於右足後交叉踏, 右足右踏, 左足左踏(面向9點鐘)

8&1 (8) Cross R behind L, (&) step L to L, (1) step R to R 9.00
右足於左足後交叉踏, 左足左踏, 右足右踏(面向9點鐘)

第六段 **Behind, ¼, ½, back, coaster, lock step**
後, 1/4, 1/2, 後, 海岸步, 鎖步

2-3 (2) Cross L behind R, (3) turn ¼ R stepping forward on R 12.00
左足於右足後交叉踏, 右轉90度右足前踏(面向12點鐘)

4 (4) On ball of R turn ½ R touching L next to R 6.00
以右足右轉180度左足併點(面向6點鐘)

NOTE: **Restart** here on wall 7 – you'll be facing 6.00 o'clock
第七面牆面向6點鐘時, 從頭起跳

5 (5) Step back on L 左足後踏

6&7 (6) Step back on R, (&) step L next to R, (7) step forward on R 6.00
右足後踏, 左足併踏, 右足前踏(面向6點鐘)

8&1 (8) Step forward on L, (&) lock R behind L, (1) step forward on L 6.00
左足前踏, 右足於左足後鎖踏, 左足前踏(面向6點鐘)

第七段 **Knee pops ½, kick ball step, rock ¼, cross rock**
膝彈 轉1/2, 踢併踏, 下沉 轉1/4, 交叉下沉

&2 (&2) Pop knees making ¼ turn R 9.00
雙膝彈, 右轉90度(面向9點鐘)

&3 (&3) Pop knees making another ¼ turn R – keep weight on L 12.00
雙膝彈, 右轉90度(面向12點鐘)

4&5 (4) Kick R forward, (&) step R next to L, (5) step forward on L 12.00
右足前踢, 右足併踏, 左足前踏(面向12點鐘)

6-7 (6) Step forward on R, (7) recover onto L making ¼ turn L 9.00
右足前踏, 左轉90度左足回復(面向9點鐘)

8-1 (8) Cross R over L, (1) recover onto L 9.00
右足於左足前交叉下沉, 左足回復(面向9點鐘)

第八段 **¼, hip bumps, ball side rock, cross, unwind**
1/4, 推臀, 併 右下沉 回復, 交叉, 繞

2 (2) Turn ¼ R stepping forward on R 12.00
右轉90度右足前踏(面向12點鐘)

3-4 (3) step L slightly L and bump L, (4) bump R 12.00
左足略左踏左推臀, 右推臀(面向12點鐘)

NOTE: **Restart** here on walls 1 & 4, you'll be facing 12.00 o'clock both times 12.00
第一面牆及第四面牆跳至此都面向12點鐘時, 從頭起跳

&5-6 (&) Step L next to R, (5) rock R to R, (6) recover onto L 12.00
左足併踏, 右足右下沉, 左足回復(面向12點鐘)

7-8 (7) Cross R over L, (8) unwind ½ L – keep weight on R 6.00
右足於左足前交叉踏, 左繞轉180度重心在右足(面向6點鐘)