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| F\*cked Up |  |

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| **拍数:** | 80 | **墙数:** | 2 | **级数:** | Phrased Intermediate | . |
| **编舞者:** | Saku Tonteri (FIN) & Susanna Tonteri (FIN) - November 2015 | | | | |
| **音乐:** | That's How You Know (feat. Kid Ink & Bebe Rexha) - Nico & Vinz | | | | |
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**This dance begins from the third eight.**

**Sequence: AA AA AA B AA**

**PART A (32 counts)**

**A1: 2 x WALKS, SYNCOPATED ROCKSTEP WITH 1/4TURN,1/4TURN WITH SWEEP, BEHIND, SIDE, CROSS SHUFFLE**

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| --- | --- |
| 1,2,3& | step R fwd (1), step L fwd (2), rock R fwd (3), recover on L (&) |

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| 4 | 1/4 turn right step R to right side (4) |

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| 5 | 1/4 turn right step L next to R & sweep R from front to back (5) |

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| 6&7& | step R behind L (6), step L to left side (&), cross R over L (7), step L to left side (&) |

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| --- | --- |
| 8 | cross R over L (8) [6:00] |

**A2: SLIDE, BALL CROSS,1/4 TURN ROCKSTEP, STEP/FLICK,1/2 PIVOT TURN,1/2 TURN, BALL STEP**

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| 1,2&3 | step big step L to left side (1), hold (2), step R next to L (&), cross L over R(3) |

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| 4&5 | 1/4 turn right step R fwd (4), recover on L (&), step R fwd & flick L (5) |

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| 6,7,8 | step L fwd (6), 1/2 turn right step R fwd (7), 1/2 turn right step L back (8) |

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| &1 | step R next to L (&) 1/4 turn left step L to left side (1) [6:00] |

**Styling: On count 8 (after 1/2 pivot turn) while stepping back on L you can add body roll (upper body first). You may also add (specially on chorus ) arm movement. When doing body roll bring your arms up to shoulder level and "throw" them fwd on ball step (&8).**

**A3: TOUCH, STEP, ANCHOR STEP WITH SWEEP, WEAVE, SCISSOR STEP WITH 1/4TURN**

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| --- | --- |
| 2,3,4 | touch R next to left (2), step R fwd diagonal (3), cross L behind R (4) |

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| &5 | step R on place (&) step L on place and sweep R from front to back(5) |

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| 6&7 | Cross R behind L (6), step L to left side (&), cross R over L(7) |

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| 8&1 | Step L to left side (8), 1/8turn right step R next to L, 1/8 turn right step L fwd [9:00] |

**A4: 2 x SYNCOPATED SCISSORS WITH 1/4 TURN, 4 x WALKS WITH 1/2 TURN [6:00]**

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| --- | --- |
| 2&3& | step R to right side (2), step L next to R (&), cross R over L (3) step L to left side (&) |

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| --- | --- |
| 4&5 | 1/4 turn right step R next to L (4), step L fwd (&), 1/8 turn right step R fwd (5) |

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| 6,7,8 | 1/8 turn right step L fwd (6), 1/8 turn right step R fwd (7), 1/8 turn right step L fwd (8) |

**PART B (48 counts)**

**B1: STEP, LOCK, STEP, STEP, LOCK, SWEEP, STEP, SIDE, 2 x KNEE TWIST**

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| --- | --- |
| 1& 2 | step R diagonal [1.30] (1), step L slightly cross behind R (&), step R diagonal (2) |

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| &3 | step L diagonal [10.30] (&), step R slightly cross behind L (3) |

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| 4,5,6 | sweep L from [12:00]to [6:00](4), step L slightly cross behind R(5), step R to right side (6) |

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| 7& 8& | twist L knee in (7) twist L knee out (&), twist L knee in (8), twist L knee out (&) |

**B2: WEIGHTCHANGE, BEHIND, SIDE, 3/4 CROSSTURN, BACK, TOES, HEELS**

|  |  |
| --- | --- |
| 1, 2, 3 | change weight to L (1), step R behind L (2), step L to left (3) |

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| 4-6 | step R cross L [12:00] immediately start turning CCW 3/4 to [3.00] (4-6) |

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| 7 | step L backwards change weight to heels (7) |

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| 8& | turn toes to face [12:00] change weight to toes (8), turn heels to [7:30] put weight to L(&) |

**Styling: While turning (4-6) you may use your hips and turn them anticlockwise from left to right.**

**B3: BACK, SIDE, CROSS, BALL STEP, KNEE TWIST, FLICK, 1/2 PIVOT, 1/4 BALL CROSS**

|  |  |
| --- | --- |
| 1, 2, 3 | step R backwards (1), step L to left face [12:00] (2), step R cross L (3) |

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| 4& | step L ball to left as knee twisted in (4) twist L knee out (&) |

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| 5 | put full weight on L/raise R to air face [9.00] (5) |

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| 6-7 | step R fwd turn 1/2 left [3:00] change weight to L (6-7) |

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| 8& | step R ball fwd (8) step L cross R turn face to [12:00] (&) |

**B4: 1/4 TURN STEP, 2 x SCISSORS, WEAVE, STEP, 7/8 HOPS**

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| --- | --- |
| 1, 2&3 | 1/4turn right step R fwd [3.00](1), step L to left(2), step R together L(&), step L crossR(3) |

|  |  |
| --- | --- |
| 4&5& | step R to right (4), step L together R (&), step R cross L (5), step L to left (&) |

|  |  |
| --- | --- |
| 6&7 | step R behind L (6), step L to left (&), step R diagonal [4:30] (7) |

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| 8& | jump little hops twice/ turn left 7/8 to face [6:00] make sure weight is on L (8&) |

**B5: ROCKSTEP, 1/4 TURN, 3/4 HOPS, SIDE, TOGETHER, SIDE, UNWIND TURN**

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| --- | --- |
| 1, 2, 3 | rock R fwd (1), change weight back L (2), turn 1/4 with R face [9:00] (3) |

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| 4& | jump little hops twice/ turn right 3/4 to face [6:00] make sure weight is on L (4&) |

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| 5&6 | step R to right (5), step L together (&), step R to right (6), bend your knees |

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| 7-8 | step L cross R turn full turn right leave weight on R (7-8) |

**B6: SIDE, TOGETHER, 2x RUNS, TOUCH, SHOULDER SHRUG, 4x WALKS 1/2 TURN**

|  |  |
| --- | --- |
| 1& 2& | step L to left (1), step R together (&), step R fwd (2), step L fwd (&) |

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| 3, 4 | touch R next to L (3), raise shoulders and turn palms up (4) |

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| &5 | drop shoulders and palms down (&), step R back (5), |

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| 6, 7, 8 | 1/4 turn right step L cross behind R (6), 1/4 turn right step R fwd[12:00] (7), step L fwd (8) |

**Hope you enjoy**

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