

I Messed Up

拍数: 64 墙数: 2 级数: Phrased Intermediate
编舞者: Jean-Pierre Madge (CH) - March 2020
音乐: Love Me Again - Olly Murs



Sequences : AA BA AA BA BB

A: 32 counts

A1: Rock, Recover and Touch, Sit, Step 1/4 R, Behind Side Cross

1-2&3 Rock L forward (1), Recover R (2), Step L next R (&), Touch R forward (3)
4 Sit on your L (4) Snap your L hand down
5-6 Walk R forward (5), 1/4 R Step L to L (6),
7&8 Cross L behind R (7), Step L to L (&), Cross R over L (8)

A2: Touch, Snap & Touch, Snap, & Touch, Snap and Slide

1-2 Touch L to L (1), Snap your R hand to R (2),
&3-4 Bring L next R (&), Touch R forward (3), Snap L hand forward (4)
&5-6 Bring R next L (&), Touch L forward (5), Snap R hand forward (6)
&7-8 Bring L next R (&), Big Step R to R (7), Drag L next R (8) while you are doing 7,8, open your arms from under to the sides

A3: Sailor 1/4 L, Chassé forward, 1/4 R, 1/4, R, Cross shuffle

1&2 Cross L behind R (1), 1/4L Step R to R (&), Step L forward (2)
3&4 Step R forward (3), Step L next R (&), Step R forward (4)
5-6 1/4 R Step L to L side (5), 1/4 R Step R to R side (6)
7&8 Cross L over R (7), Step R to R (&), Cross L to R (8)

A4: Step, Swivel Heels, Behind Side Cross, Heels Twist

1&2 Step R to R (1), Swivel both heels to R (&), Bring both heels back (2)
3&4 Cross R behind L (3), Step L to L (&), Cross R over L (4)
5& Step L to L (5), Swivel R heel in (&)
6& Swivel R heel out (6), Swivel L heel in (&)
7& Swivel L heel out (7), Swivel R heel in (&)
8 Swivel R heel out (8)

B: 32 counts

B1: Walk, Walk, Chassé, Step 1/4 L ,Step 1/2 L

1-2 Walk L (1) , Walk R (2),
3&4 Step L forward (3), Step R next L (&), Step L forward (4)
5-6 Step R forward (5), 1/4 L Step L to L (6)
7-8 Step R forward (7), 1/2 L Step L forward (8)

On count 5-6-7-8 Open both arms from down to the sides and up slowly

B2: Walk, Walk, Chassé, Step 1/4 L ,Step 1/2 L

1-2 Walk R (1) , Walk L (2),
3&4 Step R forward (3), Step L next R (&), Step R forward (4)
5-6 Step L forward (5), 1/4 R Step R to R (6)
7-8 Step L forward (7), 1/2 R Step R forward (8)

On count 5-6-7-8 Open both arms from down to the sides and up slowly

B3: Rock, Recover, Chassé 1/2L, Hips bumps

1-2 Rock L forward (1), recover on R (2)
3&4 1/4 L Step L to L (3), Bring R next L (&), 1/4 L Step L forward (4)

5&6& Touch R toe to R diagonal (5), Bump hips Up and Down making a C (&6&7&8)

B4: And Cross, Out, Swivels in, AppleJacks

&1-2 Bring R next to L (&), Cross L over R (1), Step R to R (2)

3&4 Bring L heel in (3), Bring L Toe in (&), Bring L heel in (4)

5& On Ball of L and heel of R, Swivel L and R to the R (5) return to center (&)

6& On Ball of R and heel of L, Swivel R and L to the L (6) return to center (&)

7& On Ball of L and heel of R, Swivel L and R to the R (7) return to center (&)

8& On Ball of R and heel of L, Swivel R and L to the L (8) Recover Weight on R(&)

Smile and start the dance again !
