

# Are You Messed Up As Me ?

**COPPER** KNOB  
STEPSHEETS

拍数: 64      墙数: 2      级数: Low Intermediate  
编舞者: Carmela De Rosa (CH) - September 2024  
音乐: Messed Up As Me - Keith Urban



**\*\*2 Restarts :** After 48 counts, Wall 2 facing 12h00, Wall 3 facing 6h00,

**Tag & Restart :** Wall 5, after 32 counts, Tag 4 counts, then restart the dance at 12h00.  
Tag described at bottom of page

**Intro: 8 counts**

## **Section 1: Rock Back, Shuffle Forward, Rock Forward, ¼ Turn Chasse**

1-2            Rock RF back (1), recover on LF (2)  
3&4           Step RF forward (3), step LF beside RF (&), step RF forward (4)  
5-6           Rock LF forward (5), recover on RF (6)  
7&8           ¼ Turn L and step LF to side (7), step RF beside LF (&), step LF to side (8) (9h00)

## **Section 2: Cross, Side, Behind & Heel &, Cross Point 2 x**

1-2            Cross RF over LF (1), step LF to side (2)  
3&4&          Step RF behind LF (3), step LF beside RF (&), touch right heel to R diagonal (4), step RF beside LF (&)  
5-6            Cross LF over RF (5), point RF to R side (6)  
7-8            Cross RF over LF (7), point LF to L side (8)

## **Section 3: Rock Forward, Shuffle Back, Rock Back, ½ Turn 2x**

1-2            Rock LF forward (1), recover on RF (2)  
3&4            Step LF back (3), step back RF beside LF (&), step back LF (4)  
5-6            Rock RF back (5), recover on LF (6)  
7-8            ½ Turn L and step RF back (7) (3h00), ½ turn L and step LF forward (9h00)

## **Section 4: Shuffle Forward, ¼ Turn, Cross Shuffle, Side Rock**

1&2            Step RF forward (1), step LF beside RF (&), step RF forward (2)  
3-4            Step LF forward (3), ¼ turn R and step RF to R side (4) (12h00)  
5&6            Cross LF over RF (5), step RF to R side (&), cross LF over RF (6)  
7-8            Rock RF to R side (7), recover on LF (8)

**Tag & Restart here on wall 5, facing 12h00**

## **Section 5: Sailor Step, Sailor Step ¼ Turn 2x, ½ Step Turn**

1&2            Step RF behind LF (1), step ball LF beside RF (&), step RF to R side (2)  
3&4            ¼ turn L and step LF behind RF (3), step ball RF beside LF (&), step LF to L side (4) (9h00)  
5&6            ¼ turn R and step RF behind LF (1), step ball LF beside RF (&), step RF to R side (2) (12h00)  
7-8            Step LF forward, ½ turn R and step RF forward (7) (6h00)

## **Section 6: ½ Turn 2x, Shuffle Forward, Rock Forward, Rock Side**

1-2            ½ Turn R and step LF back (2) (12h00), ½ turn R and step RF forward (2) (6h00)  
3&4            Step LF forward (3), step RF beside LF (&), step LF forward (4)  
5-6            Rock RF forward (5), recover on LF (6)  
7-8            Rock RF to R side (7), recover on LF

**Restart here on wall 2 (12h00) & on wall 3 (6h00)**

## **Section 7: Sailor Step, Sailor Step ¼ Turn 2x, ½ Step Turn**

1&2 Step RF behind LF (1), step ball LF beside RF (&), step RF to R side (2)  
3&4 ¼ Turn L and step LF behind RF (3), step ball RF beside LF (&), step LF to L side (4) (3h00)  
5&6 ¼ turn R and step RF behind LF (1), step ball LF beside RF (&), step RF to R side (2) (6h00)  
7-8 Step LF forward, ½ turn R and step RF forward (7) (12h00)

**Section 8 : ½ Turn 2x, Shuffle Forward, Rock Forward, ½ Turn, Close**

1-2 ½ Turn R and step LF back (2) (6h.00), ½ turn R and step RF forward (2) (12h00)  
3&4 Step LF forward (3), step RF beside LF (&), step LF forward (4)  
5-6 Rock RF forward (5), recover on LF (6)  
7-8 ½ Turn R and step RF forward (7) (6h00), close LF beside RF (weight is on the LF) (8)

**Ending : Wall 6 : Replace the count «8» of this section with a ½ Turn to the R to finish facing front**

7-8 ½ Turn R and step RF forward (7) (6h00), 1/2 Turn R and step LF back (8) (12h00)

**TAG on wall 5, after 32 counts, facing (12h00)**

**Back Rock, Side Rock**

1-4 Rock RF back (1), recover on LF (2), rock RF to R side (3), recover on LF (4)

**Smile and start the dance again !**

**Carmela De Rosa : [cde66@hotmail.com](mailto:cde66@hotmail.com)**

---