

# Messy & Clean

拍数: 32      墙数: 4      级数: Improver  
编舞者: Brunhilde Deinert (DE) & Peter Wieden (DE) - May 2025  
音乐: Messy - Lola Young



Intro: 32 counts of real beat

**S1: Left Cross, Side, Behind, Point/Snap, Cross, 1/4 Turn R, 1/4 Turn R Chasse**

- 1-2      Cross LF over right, Step RF to side
- 3-4      Cross LF behind right, Point RF right and clicking both fingers
- 5-6      Cross RF over left, Turn 1/4 right and step back LF (3:00)
- 7&8      Turn 1/4 right and step RF to side, Step LF beside RF, Step RF to side (6:00)

**S2: Left Jazz Box with Touch, Rock forward, Full Turn back**

- 1-2      Cross LF over right, Step back RF
- 3-4      Step LF to side, Touch RF beside LF
- 5-6      Rock forward RF, Recover on LF
- 7-8      Turn 1/2 right and step forward RF, Turn 1/2 right and step back LF

**S3: Right Back Rock, Side, Touch, Kick Ball Step, Side Rock**

- 1-2      Rock RF backward, Recover on LF
- 3-4      Step RF to side, Touch LF beside RF
- 5&6      Kick LF forward, Close LF next to RF, Step slightly forward RF
- 7-8      Rock LF to side, Recover on RF

**S4: Left Sailor 1/4 turn L, Shuffle, Rocking Chair**

- 1&2      Turn 1/4 left and cross LF behind right, Step RF to right, Step LF to left (3:00)
  - 3&4      Step RF forward, Close LF next to RF, Step slightly forward RF
  - 5-6      Rock forward LF, Recover on RF
  - 7-8      Rock LF backward, Recover on RF
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