Messy & Clean



拍數: 32 牆數: 4 級數: Improver 編舞者: Brunhilde Deinert (DE) & Peter Wieden (DE) - May 2025

音樂: 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 | |
| | 1/4 turn E, Shume, Rocking Chair |
| 1&2 | Turn 1/4 left and cross LF behind right, Step RF to right, Step LF to left (3:00) |
| 1&2 3&4 | |
| | Turn 1/4 left and cross LF behind right, Step RF to right, Step LF to left (3:00) |