

Messing Up

拍數: 32 牆數: 2 級數: Improver polka
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音樂: You Need a Man Around Here - Brad Paisley



STEP, TOUCH, BACK ROLLING VINE, STOMP, KICK

- 1-2 Step right forward, touch left to right
- 3-4 Step back left, right as start 1 full turn left
- 5-6 Step back left, right as complete 1 full turn left
- 7-8 Stomp left forward, kick right forward

SHUFFLE, SHUFFLE, STOMP, KICK, KICK, BALL, CHANGE

- 1&2 Right shuffle forward
- 3&4 Left shuffle forward
- 5-6 Stomp right forward, kick left forward
- 7&8 Left kick, ball, change

MONTEREY TURN, ROLLING VINE

- 1-2 Touch left toe to left, turn ½ turn left as step left to right
- 3-4 Touch right toe to right, touch right toe to left
- 5-6 Moving right, step right, left as start 1 full turn right
- 7-8 Step right, as complete 1 full turn right, left scuff

Alternative steps:

- 5-6 Step right to right, cross step left behind right
- 7-8 Step right to right, left scuff

SHUFFLE, SHUFFLE, ROLLING VINE

- 1&2 Left shuffle forward
- 3&4 Right shuffle forward
- 5-6 Moving left, step left, right as start 1 full turn left
- 7-8 Step left, as complete 1 full turn left, right scuff

Alternative steps:

- 5-6 Step left to left, cross step right behind left
- 7-8 Step left to left, right scuff

REPEAT
