

F*cked Up

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Count: 80 **Wall:** 2 **Level:** Phrased Intermediate

Choreographer: Saku Tonteri & Susanna Tonteri - Nov 2015

Music: That's How You Know (feat Kid Ink & Bebe Rexha) by Nico & Vinz

This dance begins from the third eight.

Sequence: AA AA AA B AA

PART A (32 counts)

A1: 2 x WALKS, SYNCOPATED ROCKSTEP WITH 1/4TURN,1/4TURN WITH SWEEP, BEHIND, SIDE, CROSS SHUFFLE

1,2,3&step R fwd (1), step L fwd (2), rock R fwd (3), recover on L (&)

4 1/4 turn right step R to right side (4)

5 1/4 turn right step L next to R & sweep R from front to back (5)

6&7&step R behind L (6), step L to left side (&), cross R over L (7), step L to left side (&)

8cross R over L (8) [6:00]

A2: SLIDE, BALL CROSS,1/4 TURN ROCKSTEP, STEP/FLICK,1/2 PIVOT TURN,1/2 TURN, BALL STEP

1,2&3step big step L to left side (1), hold (2), step R next to L (&), cross L over R(3)

4&5 1/4 turn right step R fwd (4), recover on L (&), step R fwd & flick L (5)

6,7,8step L fwd (6), 1/2 turn right step R fwd (7), 1/2 turn right step L back (8)

&1step R next to L (&) 1/4 turn left step L to left side (1) [6:00]

Styling: On count 8 (after 1/2 pivot turn) while stepping back on L you can add body roll (upper body first). You may also add (specially on chorus) arm movement. When doing body roll bring your arms up to shoulder level and "throw" them fwd on ball step (&8).

A3: TOUCH, STEP, ANCHOR STEP WITH SWEEP, WEAVE, SCISSOR STEP WITH 1/4TURN

2,3,4 touch R next to left (2), step R fwd diagonal (3), cross L behind R (4)

&5 step R on place (&) step L on place and sweep R from front to back (5)

6&7 Cross R behind L (6), step L to left side (&), cross R over L (7)

8&1 Step L to left side (8), 1/8 turn right step R next to L, 1/8 turn right step L fwd [9:00]

A4: 2 x SYNCOPATED SCISSORS WITH 1/4 TURN, 4 x WALKS WITH 1/2 TURN [6:00]

2&3 & step R to right side (2), step L next to R (&), cross R over L (3) step L to left side (&)

4&5 1/4 turn right step R next to L (4), step L fwd (&), 1/8 turn right step R fwd (5)

6,7,8 1/8 turn right step L fwd (6), 1/8 turn right step R fwd (7), 1/8 turn right step L fwd (8)

PART B (48 counts)

B1: STEP, LOCK, STEP, STEP, LOCK, SWEEP, STEP, SIDE, 2 x KNEE TWIST

1& 2 step R diagonal [1.30] (1), step L slightly cross behind R (&), step R diagonal (2)

&3 step L diagonal [10.30] (&), step R slightly cross behind L (3)

4,5,6 sweep L from [12:00] to [6:00] (4), step L slightly cross behind R (5), step R to right side (6)

7& 8 & twist L knee in (7) twist L knee out (&), twist L knee in (8), twist L knee out (&)

B2: WEIGHTCHANGE, BEHIND, SIDE, 3/4 CROSSTURN, BACK, TOES, HEELS

1, 2, 3 change weight to L (1), step R behind L (2), step L to left (3)

4-6 step R cross L [12:00] immediately start turning CCW 3/4 to [3.00] (4-6)

7 step L backwards change weight to heels (7)

8 & turn toes to face [12:00] change weight to toes (8), turn heels to [7:30] put weight to L (&)

Styling: While turning (4-6) you may use your hips and turn them anticlockwise from left to right.

B3: BACK, SIDE, CROSS, BALL STEP, KNEE TWIST, FLICK, 1/2 PIVOT, 1/4 BALL CROSS

1, 2, 3step R backwards (1), step L to left face [12:00] (2), step R cross L (3)

4&step L ball to left as knee twisted in (4) twist L knee out (&)

5put full weight on L/raise R to air face [9.00] (5)

6-7step R fwd turn 1/2 left [3:00] change weight to L (6-7)

8&step R ball fwd (8) step L cross R turn face to [12:00] (&)

B4: 1/4 TURN STEP, 2 x SCISSORS, WEAVE, STEP, 7/8 HOPS

1, 2&31/4turn right step R fwd [3.00](1), step L to left(2), step R together L(&), step L crossR(3)

4&5&step R to right (4), step L together R (&), step R cross L (5), step L to left (&)

6&7step R behind L (6), step L to left (&), step R diagonal [4:30] (7)

8&jump little hops twice/ turn left 7/8 to face [6:00] make sure weight is on L (8&)

B5: ROCKSTEP, 1/4 TURN, 3/4 HOPS, SIDE, TOGETHER, SIDE, UNWIND TURN

1, 2, 3rock R fwd (1), change weight back L (2), turn 1/4 with R face [9:00] (3)

4&jump little hops twice/ turn right 3/4 to face [6:00] make sure weight is on L (4&)

5&6step R to right (5), step L together (&), step R to right (6), bend your knees

7-8step L cross R turn full turn right leave weight on R (7-8)

B6: SIDE, TOGETHER, 2x RUNS, TOUCH, SHOULDER SHRUG, 4x WALKS 1/2 TURN

1& 2&step L to left (1), step R together (&), step R fwd (2), step L fwd (&)

3, 4touch R next to L (3), raise shoulders and turn palms up (4)

&5drop shoulders and palms down (&), step R back (5),

6, 7, 81/4 turn right step L cross behind R (6), 1/4 turn right step R fwd[12:00] (7), step L fwd (8)

Hope you enjoy

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